


TWIN	TWIN XL	FULL	FULL XL	QUEEN	SHORT QUEEN	KING	CAL-KING
							
38" x 75"	38" x 80"	53" x 75"	53" x 80"	60" x 80"	60" x 75"	76" x 80"	72" x 84"
SPLIT QUEEN	SPLIT KING	SPLIT CAL-KING	SPLIT ALASKAN		SPLIT TEXAS	SPLIT WYOMING	
							
39" x 39" x 80" x 80"	39" x 39" x 80" x 80"	36" x 36" x 84" x 84"	54" x 54" x 108" x 108"		40" x 40" x 98" x 98"	42" x 42" x 84" x 84"	

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Rough Guides



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The Shopaholic's Guide to Buying for Mother and Child Online Patricia Davidson, 2008-07-21 If you're expecting a baby or you've just had one then battling through crowds and negotiating high streets and shopping centres with a bump or a pram is not much fun. Thankfully you can now shop online from wherever you are and find everything from glam maternity clothes and lingerie, car seats and buggies to toys, gifts, bedding, bouncers and all manner of products all in just a few stress-free clicks. Shop when your baby is asleep, reclaim your free time to do something for you, find what you are looking for at the best price and get it delivered straight to your door. All the featured websites have been handpicked and thoroughly researched by online shopping expert Patricia Davidson to bring you the complete lowdown on product and price range, delivery options, gift wrapping, returns and site usability.

The Essential Guide to Women's Sleep Dr Sarah Gilchrist, 2025-10-21 Maintaining good sleep is a crucial yet often underrated pillar of a person's wellbeing and general health. Despite this, there is limited guidance on how and why the various phases women experience in their lifetime may impact their quality of sleep and what can be done to improve it. This practical and accessible guide for health professionals introduces the concept of female sleep health across the lifetime, including key stages such as menstruation, fertility, working life, birth, perimenopause and menopause. It also addresses sleep disorders, pain and the impact poor sleep may have on mental health. Readers will benefit from practical and detailed strategies on improving sleep, guidance on sleep aids and technology and signposts to when clinical intervention is needed.

The Rough Guide to Men's Health Lloyd Bradley, 2009-01-01 The Rough Guide to Men's Health takes a quirky and informative look at the health and wellbeing of men and it's not just a turn-your-head-and-cough book of disease and diagnosis but rather a complete guide on how to look and feel great. Avoiding both flabby waffle and wellbeing puritanism, it features down-to-earth health advice whether you are in the kitchen, the bedroom, the gym, out on the town or simply looking in the mirror. Find out how to improve performance with life coach strategies, how to identify the causes of health problems with key features on the back and gut, the best investments to consider in the fight for fitness and those myths about health that can be safely ignored. Written by men's health and fitness expert Lloyd Bradley who, along with his panel of experts, provides the ultimate men's health lowdown on how to make the most of your life with the body you have. And because we know how important it is these days, there is a huge section on looks and how to improve them. The Rough Guide to Men's Health provides you with everything you need to know to ensure your lifestyle isn't at war with your health.

The Rough Guide to Men's Health (2nd edition) Rough Guides, 2013-01-17 Spiralling work, stress, junk food, overload and makeover madness all make staying healthy seem a taller order than ever before. The Rough Guide to Men's Health provides you with everything you need to know to ensure your lifestyle isn't at war with your health. Avoiding flabby waffle and wellbeing puritanism, features include: Wherever/whenever down-to-earth health advice whether you are in the kitchen, the bedroom, the gym, out on the town or simply looking in the mirror. How to improve performance, life coach strategies aimed at

optimizing your outlook so you can feel your best every day Wear and tear identifying the causes of health problems and what to do about them with how it works features on key problem areas like the back and gut and how to cope with sport s injuries and Tooling up getting back into shape sex and relationships returning to work and staying sane plus the low down on supplements Now available in ePub format

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The Expert Guide to Sleeping Well Chris Idzikowski,2019-03-19 Most people in the West fail to get enough sleep which can contribute to serious health problems Reading this book and acting on its advice could be the single best thing most people can do to boost their health and wellbeing Lack of sleep is not just a matter of feeling tired Recent research has shown that it is associated with serious illnesses such as high blood pressure diabetes heart disease and even cancer The big question is what can we do to get more sleep Who can we turn to for a sympathetic and knowledgeable one to one consultation The answer is to one of the world s leading sleep experts Professor Chris Idzikowski who here reveals his wisdom in a down to earth and reassuring way The Introduction answers four basic questions What is sleep What is dreaming What is tiredness What is fatigue Chapter One takes a fascinating look at the history of sleep showing how social and environmental factors have affected human experience Chapter Two tells us what science has made of sleep in a friendly easy to follow style Chapter Three gives extensive advice on how to manage your sleep whatever your particular circumstances or needs with specific advice for workers parents drivers and flyers as well as for dreamers and problem solvers also covered is our changing requirements as we age Chapter Four gives the same number of pages to sleep problems including insomnia breathing disorders circadian clock disorders nightmares and movement disorders Finally Chapter Five is a collection of concise practical tips and guidelines including a directory of sleeping pills and potions from pharmaceutical stand bys to home brewed herbal teas

The Sustainable(ish) Guide to Green Parenting Jen Gale,2021-03-18 The most family friendly way to start doing your bit The Sunday Times The must have friendly green bible of accessible eco tips for families As a parent getting out of the house with everyone wearing shoes on a good day can feel like you re winning so adding being green to the never ending to do list might feel like the thing to bring all your spinning plates crashing to the ground If that s the case then this is the book for you Instead you ll find easy do able ideas and suggestions for you to pick and choose from try out and adapt Plus bucketfuls of encouragement as you explore what works for you and your family No preaching No judgement No guilt

Art, Design and Technology: Collaboration and Implementation Rae Earnshaw,2017-05-30 This book examines how digital technology is being used to assist the artists and designers The computer is able to store data and reproduce designs thus facilitating the speed up of the iterative process towards a final design which meets the objectives of the designer and the requirements of the user Collaborative design enables the sharing of information across digital networks to produce designed objects in virtual spaces

Augmented and virtual reality techniques can be used to preview designs before they are finalized and implemented Art and design have shaped the values social structures communications and the culture of communities and civilisations The direct involvement of artists and designers with their creative works has left a legacy enabling subsequent generations to understand more about their skills their motivations and their relationship to the wider world and to see it from a variety of perspectives This in turn causes the viewers of their works to reflect upon their meaning for today and the lasting value and implications of what has been created Art installations are harnessing modern technology to process information and to display it Such environments have also proved useful in engaging users and visitors with real time images and interactive art

The Ultimate Guide to Green Parenting Zion Lights,2015-11-15 How can the modern family live an environmentally friendly lifestyle Although many adults aspire to be green there is no comprehensive lifestyle guide available for them when they become parents The Ultimate Guide to Green Parenting will be the first book to provide information for living a truly green lifestyle that is based on sound science

The Lazy Girl's Guide To A Blissful Pregnancy Anita Naik,2011-06-02 THE LAZY GIRL S GUIDE TO A BLISSFUL PREGNANCY is your guide to getting pregnant being pregnant and life after pregnancy It s for all girls who want to find the less stressed way to be pregnant but are too busy to wade through all the books leaflets and advice It s about the stuff that s tricky such as how to work when you have 24 hour fatigue and morning sickness And the stuff that s annoying such as how to deal with the myriad of medical anecdotal and personal advice thrown at you But most of all THE LAZY GIRL S GUIDE TO A BLISSFUL PREGNANCY is about the parts of being pregnant that secretly worry you pregnancy sex first time parenting meeting your new baby and how to avoid turning your chic house into a large oversized playroom Crammed full of Expert advice on pre and post pregnancy fashion and beauty Essential mum tips on first time motherhood and surviving labour Smart advice on the emotional physical and lifestyle changes of pregnancy THE LAZY GIRL S GUIDE TO A BLISSFUL PREGNANCY is your comprehensive and down to earth guide to staying sane through nine months and beyond

Study in America: The Definitive Guide for Aspiring Students Rao, Renuka Raja,2009 Study in America The Definitive Guide for Aspiring Students is a comprehensive handbook that addresses the specific needs of students aspiring to go to the USA for higher studies It provides step by step advice on the application process the tests required choosing universities writing application essays obtaining financial aid and the all important process of obtaining a U S visa Unique vocabulary used in U S campuses anecdotes and real life examples have also been discussed

Buying Your Home Lien Bich Luu,Ai-Quang Tonthat,2021-09-05 Many young people aspire to own their own home but face a myriad of challenges such as high property prices the need to raise a large deposit and difficulties of getting a mortgage The process of buying a property is also stressful fraught with complexity and uncertainty and a mistake can prove very costly This book therefore provides a much needed step by step guide to help those seeking to buy a property for the first time Packed with helpful and practical tips this book gives a complete overview of the house buying process

including finance legal and property aspects The authors discuss a wide range of topics including creating the right mindset the pros and cons of home ownership how to choose a suitable property how to save for a deposit how to negotiate for a better price how to get a mortgage the steps in the house buying process how to ensure that mortgage payments can always be met The book is written by experienced property buyers who have bought multiple properties who have worked as a mortgage adviser and financial planner and who understand personal finance It will be essential reading for undergraduate students in the field of accounting and finance and will also appeal to the general public particularly those seeking to buy a property for the first time After reading the book readers will be able to map out a plan to buy their first property with greater confidence and make a better and more informed decision that will bring financial rewards *The Financial Times Guide to Saving and Investing for Retirement* Yoram Lustig,2016-06-07 One of the most important financial plans you can have is saving and investing for your retirement Quite simply the success of this plan determines whether you re going to live comfortably after you stop working The Financial Times Guide to Saving and Investing for Retirement will lead you through a bewildering maze of financial tools and provide advice on crucial investment decisions It provides everything you need to know about how to save and invest so that you can successfully plan for your retirement It is packed with invaluable information on taxes ISAs pensions investing across different assets and buying property The Financial Times Guide to Saving and Investing for Retirement will help you Identify your financial objectives and work out how to achieve them Learn how to invest for a specific goal and time Find out about taxes and other rules that may impact your wealth Understand why it s essential to be actively involved in managing your post work income The full text downloaded to your computer With eBooks you can search for key concepts words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf available as a free download available online and also via the iPad and Android apps Upon purchase you ll gain instant access to this eBook Time limit The eBooks products do not have an expiry date You will continue to access your digital ebook products whilst you have your Bookshelf installed **The Modern Midwife's Guide to Pregnancy, Birth and Beyond** Marie

Louise,2020-03-05 Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions Emma Bunton co founder of Kit and Kin Whether you are planning for a baby just found out you are pregnant or well into your third trimester this book will help you to feel confident informed and inspired about your exciting journey ahead Through years of work with families Senior Midwife Marie Louise reveals the key things that will make the biggest most positive difference to you and your baby as you navigate these life changing months As well as this Marie Louise is renowned for bringing complex science to life You ll discover fascinating facts that underpin everything you and your baby will go through including How your nervous system is synced with your baby and why baby already knows a lot about you when they are born The unique process your baby goes through to pass through the birth canal and how you

work together in labour Incredible facts about breast milk Packed with the most up to date findings and expert insights you ll find everything you need to prepare for motherhood and most importantly understand and appreciate just how amazing you and your baby both are

The Rough Guide to Camping in Britain 2 Rough Guides,2013-01-03 The Rough Guide to Camping in Britain reviews over three hundred of the country s best campsites travelling from Scilly to Shetland taking in Yorkshire hills Hampshire glampsites Welsh Islands and Highland co operatives This the second edition features new campsites that have caught our attention since the first editon and has been thoroughly researched and updated Written by campers for campers Rough Guides writers have visited sites across the country checking out views testing the shower temperatures and spending night after night under canvas The Rough Guide to Camping in Britain explores everything from equipment and cooking to glamping wild camping and festivals Full colour throughout its pictures bring the splendid sites to life whilst indexes maps and lists arranged by category help you move through the guide with ease The Rough Guide to Camping in Britain is the complete companion for novice campers who don t know where to start and experienced tent riggers looking for a new destination Whether you want snug tipis and creature comforts or simple sites in stunning wilderness locations this guide has it covered Now available in PDF format

Rick Steves England Rick Steves,2020-03-17 Hike the wild moors of Dartmoor explore the scenic bays of Cornwall and dive into history at Hadrian s Wall England is yours to discover with Rick Steves Inside Rick Steves England you ll find Comprehensive coverage for spending two weeks or more in England Rick s strategic advice on how to get the most out of your time and money with rankings of his must see favorites Top sights and hidden gems from the ancient and mysterious Stonehenge to cozy corner pubs How to connect with local culture Enjoy an evening at the theatre take high tea in a classic hotel or cheer on the team with fans at a football match Beat the crowds skip the lines and avoid tourist traps with Rick s candid humorous insight The best places to eat sleep and relax with a pint Self guided walking tours of lively neighborhoods historic sites and museums Detailed neighborhood and museum maps for exploring on the go Useful resources including a packing list a phrase book of British slang a historical overview and recommended reading Over 900 bible thin pages include everything worth seeing without weighing you down Complete up to date information on London Windsor and Cambridge Canterbury Dover Brighton Portsmouth Dartmoor Cornwall Penzance St Ives Penwith Peninsula Bath Glastonbury Wells Avebury Stonehenge Salisbury Oxford the Cotswolds Stratford upon Avon Warwick Coventry Ironbridge Gorge Liverpool Blackpool the Lake District Yorkshire Durham and more Make the most of every day and every dollar with Rick Steves England Visiting for less than two weeks Try Rick Steves Best of England

Cruising World ,1998-01 *Stratford Upon Avon City Guide* Annie Bullen,2009-04-23 Stratford upon Avon tucked into a pretty pocket of English countryside and displaying picturesque evidence of its 800 year history would be a lure to visitors even without its connection with William Shakespeare

Sound Asleep Dr. Chris Idzikowski,2013-06-06 All too many of us are not getting the quality or amount of sleep we need Perhaps we

have difficulty drifting off or we lie awake in the small hours or have problems with a restless partner or with bad dreams or with our work sleep patterns if we are shiftworkers or early risers The big question is what can we do about such problems Who can we turn to for a sympathetic and knowledgeable one to one consultation The answer is to one of the world s leading sleep experts Professor Chris Idzikowski who here reveals his wisdom in a down to earth and reassuring way Sound Asleep gives you the in depth understanding you need to make your sleep more restful more energising and more satisfactory The Introduction 10pp answers four basic questions What is sleep What is dreaming What is tiredness What is fatigue Chapter One 12pp takes a fascinating look at the history of sleep showing how social and environmental factors have affected human experience Chapter Two 28pp tells us what science has made of sleep in a friendly easy to follow style Chapter Three 60pp gives extensive advice on how to manage your sleep whatever your particular circumstances or needs with specific advice for workers parents drivers and flyers as well as for dreamers and problem solvers also covered is our changing requirements as we age Chapter Four 60pp gives the same number of pages to sleep problems including insomnia breathing disorders circadian clock disorders nightmares and movement disorders Finally Chapter Five 26pp is a collection of concise practical tips and guidelines including a directory of sleeping pills and potions from pharmaceutical stand bys to home brewed herbal teas

Décor Galore Laura de Barra, 2021-10-14 IBA LIFESTYLE BOOK OF THE YEAR From the no 1 Irish bestseller Creative stylish and incredibly practical Laura will change how you view your space and open up a world of new possibilities With Gaff Goddess Laura de Barra proved she was the queen of She IY but that was just the beginning In D cor Galore she takes us room by room with genius and stunning tips for how to revamp your home on any budget Whether you want to maximise storage create layered lighting or install a new kitchen D cor Galore has got you covered Gaff Goddess empowered you to pick up a drill and now D cor Galore will empower you to create the home you ve always wanted Praise for Laura de Barra Genuinely hands on empowering Marian Keyes An absolute bible for making your home your own Emer McLysaght I wish I d found Laura de Barra twenty years ago Louise McSharry

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