

Chapter 1 : Choose How You Make Your Bed | Reflection & Inspiration

Choose How You Make Your Bed Posted on July 20, by spiderrey Every action you take, every decision you make, everything you do causes an immediate effect on those around you and on you.

October 9, Hello Readers Every action you take, every decision you make, everything you do causes an immediate effect on those around you, and on you. And this is the important bit. It is your bed and you are going to have to lie in it. Your actions will dictate whether in general your life is going to run happily or badly, smoothly or as if the wheels have fallen off. If you are selfish and manipulative it will rebound on you. If you are generally loving and thoughtful, you will get your just rewards, and not in heaven or in the next life, but here, right now. Whatever you do and how you do it will come back to you in spades. I have seen this for myself over the years during the course of my work. Those who do good, get good. Those who do bad, get bad. Its so easy to point to people who seem to have it made and are still dreadfully rude and vile, but they dont always sleep at night. They have no one to really love them. They attract a lot of false friends and hangers on and inside they are sad, lonely and frightened. Those who go around sharing a bit of love and kindness get rewarded with the same coming back. Just take a look at the faces of those who spread joy and you will see laughter lines and smiles. Now have a look at those who like to bully and get all their own way, who are arrogant, demanding or vicious and will see etched lines of misery and fear and frowns where there ought to be lightness. These lines wont ever be erased by face creams or plastic surgery. So be careful how you make your bed. What goes around comes around. There is instant karma. What you sow you reap. Better to stand up and be counted and do the right thing, because deep down, you know what it is and what needs to be done. Then when you get into your bed at night, not only will you be able to sleep at night, but you will sleep the sleep of the just. Gift vouchers are now available for personal and telephone readings. A unique and special gift for your loved ones.

Chapter 2 : Choosing the Best Mattress | Better Sleep Council | Better Sleep

Make your bed everyday, or peel back the covers to expose the bedding to fresh air, regardless of how you "feel" when you wake up. It is great to add the structure to your morning routine, and it helps you to wake up quickly.

They are simple lessons that deal with overcoming the trials of SEAL training, but the ten lessons are equally important in dealing with the challenges of life—no matter who you are. Failure can make you stronger. You must dare greatly. Stand up to the bullies. Rise to the occasion. Never, ever quit! If you want to change the world—start off by making your bed. If you want to change the world—find someone to help you paddle. You cannot paddle the boat alone. Find someone to share your life with. Make as many friends as possible, and never forget that your success depends on others. If you want to change the world—measure a person by the size of their heart. If you want to change the world—get over being a sugar cookie and keep moving forward. Sometimes no matter how hard you try, no matter how good you are, you still end up as a sugar cookie. Stand tall, look to the future, and drive on! In life, you will face a lot of Circuses. You will pay for your failures. True leaders must learn from their failures, use the lessons to motivate themselves, and not be afraid to try again or make the next tough decision. If you want to change the world—slide down the obstacle head first. Life is a struggle and the potential for failure is ever present, but those who live in fear of failure, or hardship, or embarrassment will never achieve their potential. Without pushing your limits, without occasionally sliding down the rope headfirst, without daring greatly, you will never know what is truly possible in your life. In life, to achieve your goals, to complete the night swim, you will have to be men and women of great courage. That courage is within all of us. Dig deep, and you will find it in abundance. If you want to change the world—be your very best in the darkest moments. You must rise above your fears, your doubts, and your fatigue. No matter how dark it gets, you must complete the mission. This is what separates you from everyone else. If not the passing of a loved one, then something else that crushes your spirit and leaves you wondering about your future. In that dark moment, reach deep inside yourself and be your very best. We will all find ourselves neck deep in mud someday. That is the time to sing loudly, to smile broadly, to lift up those around you and give them hope that tomorrow will be a better day. Where the odds are so stacked against you that giving up seems the rational thing to do. Life is full of difficult times. But someone out there always has it worse than you do. If you fill your days with pity, sorrowful for the way you have been treated, bemoaning your lot in life, blaming your circumstances on someone or something else, then life will be long and hard. If, on the other hand, you refuse to give up on your dreams, stand tall and strong against the odds—then life will be what you make of it—and you can make it great. Never, ever, ring the bell!

Chapter 3 : Styling Your Bed is Easy with Our Pillow Formations Chart | Matouk Luxury Linens

"If you make your bed every morning, you will have accomplished the first task of the day," he said in a commencement speech at the University of Texas. "It will give you a small sense of pride.

Because a mattress is a major purchase, it might feel overwhelming to shop for. Follow these simple suggestions for how to select the mattress of your dreams! Before you research your mattress options, determine your budget and consider your personal needs. A mattress is an investment in your health and well-being. Use that as your starting point to help narrow down choices. Seeing what types of mattresses other shoppers have liked or disliked may help you decide what mattress type is the fit for you. Read reviews on websites you trust, but be aware that some receive funding or free products from brands that they review. Also, the more reviews a website has, the more likely it is to be a reliable source. Furniture stores, department stores, sleep specialty shops and online retailers all sell mattresses. Look for a retailer that provides you with the amount of information and attention you need. Rely on a pro. Work with knowledgeable salespeople who can guide you through your bedding choices. Ask questions and look for detailed explanations when needed. Go for a test drive. Take off your shoes and lie down in various positions. While testing out a mattress, spend extra time in the position you usually sleep in. Test To try out a mattress, follow the S. Lie down in your typical sleep position. Evaluate the level of comfort and support. Educate yourself about each selection. Partners should test beds together. Take the confusion out of mattress shopping This straight talk about mattress shopping will help you make good decisions. Comparison shopping secrets Comparison shopping for a mattress can help you make the best choice and feel confident in your decision. Ask the salesperson if they can show you illustrated or actual cutaways of the interior of the various mattress and foundation choices. Seeing how each mattress is made can help you understand the differences. Compare store services such as delivery, financing and removal of your old mattress. Look for the best value, not the lowest price. Good deals are out there, but there is a direct relationship in the price of a mattress to its quality, so shop around and find the best quality sleep set that makes sense for you.

Chapter 4 : How to Choose a Mattress - 6 Step Guide | Sleepopolis

Gather Your Linens and Supplies: Choose bed linens that are comfortable and beautiful for you. If you like the way a bed skirt makes your room look, by all means, grab your favorite. If you like the way a bed skirt makes your room look, by all means, grab your favorite.

There are many ways to arrange your pillows, some more formal than others. You can stack, prop, mix sizes, add decorative shapes, go symmetrical, or pile with abandon. Queen Bed Pillow Arrangement 1. Stack your sleeping pillows neatly atop one another for a no-fuss presentation. Here, the bottom pillows have standard pillowcases, while the top two are encased in standard shams. The shams have a flange around the entire perimeter. Use a pattern that incorporates a color from your bedding to tie together the look. Or, prop up pillows fitted with standard size shams in front of your sleeping stacks. This is best done with pillows that have some heft, as light and airy feather pillows have a tendency to be floppy, and thus sloppy. Add a single decorative pillow, preferably inches-by-inches in size, centered in front of the propped up shams. Prop your sleeping pillows up against the headboard, then layer pillows outfitted in shams in front. Finish with a centered pillow encased in a boudoir sham, which fits a smaller inch-by-inch rectangular pillow. Start out with the formation above, but finish with a pair of boudoir pillows centered in front of each pillow sham. Start with a pair of plump European squares for this pillow formation. Use inserts that are one-inch larger than the European sham to yield a full and rounded pillow. This is especially good for filling out a bed without headboard, or for styling a bed with a particularly tall, oversize headboard. Next, add your sleeping pillows. Directly in front, layer standard pillows encased in standard shams. Finally, add a fourth layer of smaller size pillows in boudoir shams. Note that all the rectangular pillows align with each other, just a bit offset from the edge of the European squares, so they peek through. Try this pillow formation, which varies from the one above only in that the fourth and final layer is a centered decorative pillow. Or, for a more subdued style, use a decorative pillow with a tone-on-tone texture. Go with a pair of European squares for a more streamlined look, or a pair of standard shams pulled slightly to the outer edges of the bed, and a third layer of boudoir pillows pulled slightly to the center. Finally, do the same as above for the first and second layers, but center a single boudoir pillow on the standard shams. King Bed Pillow Arrangement For a king size bed, use either three standard size pillows or a pair of king size pillows. As for European squares, a king size bed requires three. Prop up three European shams in the back, against the wall or headboard. Again, consider using an insert one-inch larger than the sham to achieve a full, rounded effect. Add a pair of king size pillows encased in shams, and finish with a trio of smaller pillows fitted with boudoir shams inches-by-inches at the very front. Prop three European shams along the back of the bed. Instead of king size pillows, use three queen or standard size pillows with shams for the second layer, then center two boudoir pillows on the gaps. Note that European squares often coordinate with the duvet in terms of color and pattern. Begin with the same trio of European shams in the back. Add a pair of king size pillows in king size shams. Finish with inch-by-inch decorative pillows centered in front of the two king size shams. This is a simple arrangement, but a style with some depth.

Chapter 5 : 3 Ways to Choose a Mattress - wikiHow

Hello Readers Every action you take, every decision you make, everything you do causes an immediate effect on those around you, and on you. And this is the important bit.

Click here to skip to the quick 6 step summary. How old is your mattress? The age of your mattress plays a big role with regards to choosing a new one. However, this rule does not apply to all mattresses. There are definitely some that are able to extend beyond 8 years and still provide the same quality performance. The best way to make a judgement call falls back on your sleeping patterns. Average mattress lifespan in years 2. What type of mattress do I need? The type of mattress each person needs varies upon personal preference. With so many variations of mattress types, often times this can be the hardest choice to make. Not to worry, below I have broken down the most common mattress types to help make your research and selection a little easier.

Memory Foam Just like it sounds, these mattresses only consist of memory foam. Memory foam mattresses are known for their great support, pressure relief, and body contouring. However, many newer more advanced memory foams have been designed with superior cooling properties, creating a much cooler mattress than traditional memory foams. Sleepers who want great hug, body shaping, contour, pressure relief, and support. A good option for sleepers who want a more pronounced hug than many hybrid or latex mattresses offer.

Layla Mattress Latex Built exclusively from latex foam, these mattresses are known for their cooling properties and comfort. Latex is known for its great responsiveness, comfort, bounce, and cooling. Sleepers who want great bounce, cooling, and responsiveness. Additionally, good for sleepers who want foam, but want to stay away from the pronounced hug and contour that often comes with memory foam mattresses.

Coil aka innerspring mattresses have one or more layers of spring coils generally steel that provide the support and comfort. A larger number of coils typically means better comfort and support. This works to add extra comfort and cushion for the sleeper. Sleepers who prefer a softer and more cushion comfort. If you enjoy a cloud-like type of support and comfort most pillow tops will offer the best sleeping surface for you. Pillow top mattress example "1. Sleepers who want the best of all worlds. Great bounce, support, comfort, and cooling. A good all around option that is a very good choice for the majority of sleepers. Hybrid mattress example "1. Sleepers who have specific needs that would allow them to benefit from an adjustable foundation. These needs typically come from certain medical conditions, older sleepers, snorers, chronic lower back pain, among other scenarios. Most foam mattresses are compatible with adjustable foundations. Adjustable mattress example "6.

What is your budget? Budget varies from person-to-person. Just a couple of years ago the only real option was going in-store, which almost always meant overpaying for a mediocre mattress or offering your first born child up for a great mattress. The online mattress industry is helping to change that. With so many companies building exceptional mattresses at fair and reasonable prices, consumers are able to set a modest budget and get a great bed. Online mattress price comparisons vs. In almost all cases I recommend that my readers consider purchasing a mattress online first. All 3 of these mattresses have a similar feel and built quality, the only difference is the price you ultimately pay for it. Pay for Quality " Remember that this mattress can and should last you years. Your health and sleep are worth a whole lot more than a quarter a day. What firmness do you need? Firmness is how hard or soft a mattress feels. The feel and firmness of a mattress depends on your definition of soft, medium, and firm. Additionally, your body type, weight, size, and other factors play into the feel. A lot of times consumers confuse support with firmness. A mattress that provides good support simply means that it keeps your spine in proper alignment without creating pressure points. If a mattress does not offer adequate support, you will more than likely wake up sore or in pain. Firmness relates more to how comfortable a mattress feels initially. Whether hard or soft, the optimal firmness level goes hand-in-hand with comfort. See all Sleepopolis reviewed mattresses in our comparison tool Several online mattress companies have developed mattresses that have a universal comfort. Although there is only one firmness level offered with these mattresses, the structure of their foams and layered design works to offer comfort for a variety of sleepers heavy, light, tall, short, side, back, stomach, etc. Leesa is a great example of this design. This is extremely beneficial for partners who prefer different firmness levels. Since lighter sleepers put less pressure

on the mattress much of the comfort and feel comes from the Avena. However, support and pressure relief is still provided by the memory foam core. With a heavier sleeper, the Avena foam works much more with the memory foam and support foam to offer proper deep compression and transitional support. Side sleeping positions work similarly, causing the mattress to create superior deep compression support for the heavier parts of your body. Back and stomach sleepers would see a more even weight distribution and balanced foam interaction. With this in mind, the average preferred firmness level for sleepers falls between the out of 10 range. And lastly, Helix Sleep offers sleepers the ability to personalize their mattress with a variety of support, firmness, and feel options. What position do you sleep in? Side, back, stomach, or a little bit of each. Everyone sleeps in their own, unique way. Each sleeping position has its own specific needs and ideal firmness level. A lot of times they rotate from both legs straight, to one straight and one bent, to both bent. With this constant change, side sleepers need a mattress with soft to medium level firmness, usually something in the range out of 10 where 10 is the most firm. A soft mattress with a lot of support will relieve pressure points on your neck and back. Best mattresses for side sleepers Back Firmness and support are both critical for back sleepers. A mattress that is too soft will create pressure points on the sleeper, not providing the right amount of push back they need. In addition to that, if the bed does not support the sleeper, their spinal alignment will be off, which could lead to prolonged back problems. The ideal mattress firmness is one that provides enough softness to eliminate pressure points, but still has great support. Usually a firmness level in the range where 10 is the most firm is appropriate. Best mattresses for back sleepers Stomach Stomach sleepers number one priority when searching for a new mattress needs to be support. The torso will apply the most pressure to the mattress for stomach sleepers. For this reason, they need a mattress that provides equal support across their body. If the mid section sinks at the middle of the mattress mattress is too soft the sleeper will see a curving of the spine, causing lower back pain and other problems. Stomach sleepers need to be as flat as possible with respect to the surface of the mattress. Even something as simple as a tall pillow could put the spine out of alignment, causing pain and discomfort. Typically stomach sleepers need a mattress in the range where 10 is the most firm with some outliers requiring a slightly hard or softer feel a 4 or 8, respectively. How much do you weigh? Weight may not seem that important, but it can be crucial when choosing a mattress. The sinkage, hug, feel, cooling, and support of each mattress is highly affected by how much you weigh and your body type. Depending on your weight and body type you may need a specific type of mattress or firmness to create the ideal feel and support that your body needs. Universal comfort mattresses are a great fit for these sleepers. This is because most medium firmness feels are rated based on an average sleeper pounds. Most mattresses are designed for average size sleepers. Anything in the universal comfort range or any mattress characterized as medium, medium firm, luxury firm, or rated out of 10 is very likely going to be a great fit. This will ensure consistent support and comfort for your size. Mattresses characterized as soft, plush, plush soft, or in the out of 10 range are good options. Softer mattresses already have an increased level of hug and sinkage. For side sleepers this can be ideal, however for many back sleepers and almost all stomach sleepers, this will create a negative situation for the support of the mattress for you. Heavier sleepers already sink deeper within the mattress and soft mattresses amplify this further. It is incredibly important to find a mattress that still offers great deep compression support. A firmer mattress floats sleepers on the surface of the mattress, as opposed to hugging the sleepers like many foam mattresses will. That said, I would recommend caution in ever going above a 9 on the firmness scale.

Chapter 6 : Choose How You Make Your Bed | Linda Lancashire - Psychic

Values are what bring distinction to your life. You don't find them, you choose them. And when you do, you're on the path to fulfillment. Having energy to make your bed allows you to make it.

Chapter 7 : How to Make a Bed Neatly: 11 Steps (with Pictures) - wikiHow

Choose a color that will complement the comforter and the bedroom. Keep in mind that lighter-colored bed sheets will

show stains easier than darker-colored ones; darker-colored bed sheets will show fading from washing easier than lighter-colored ones.

Chapter 8 : Book Summary: Make Your Bed by William H. McRaven

You must accept the consequences of your actions. Of course your friends are mad at youâ€”you lied to them! As you make your bed, so you must lie on it. and As you make your bed, so you must lie in it.; As you make your bed, so must you lie in it. Prov. You have to suffer the consequences of what.