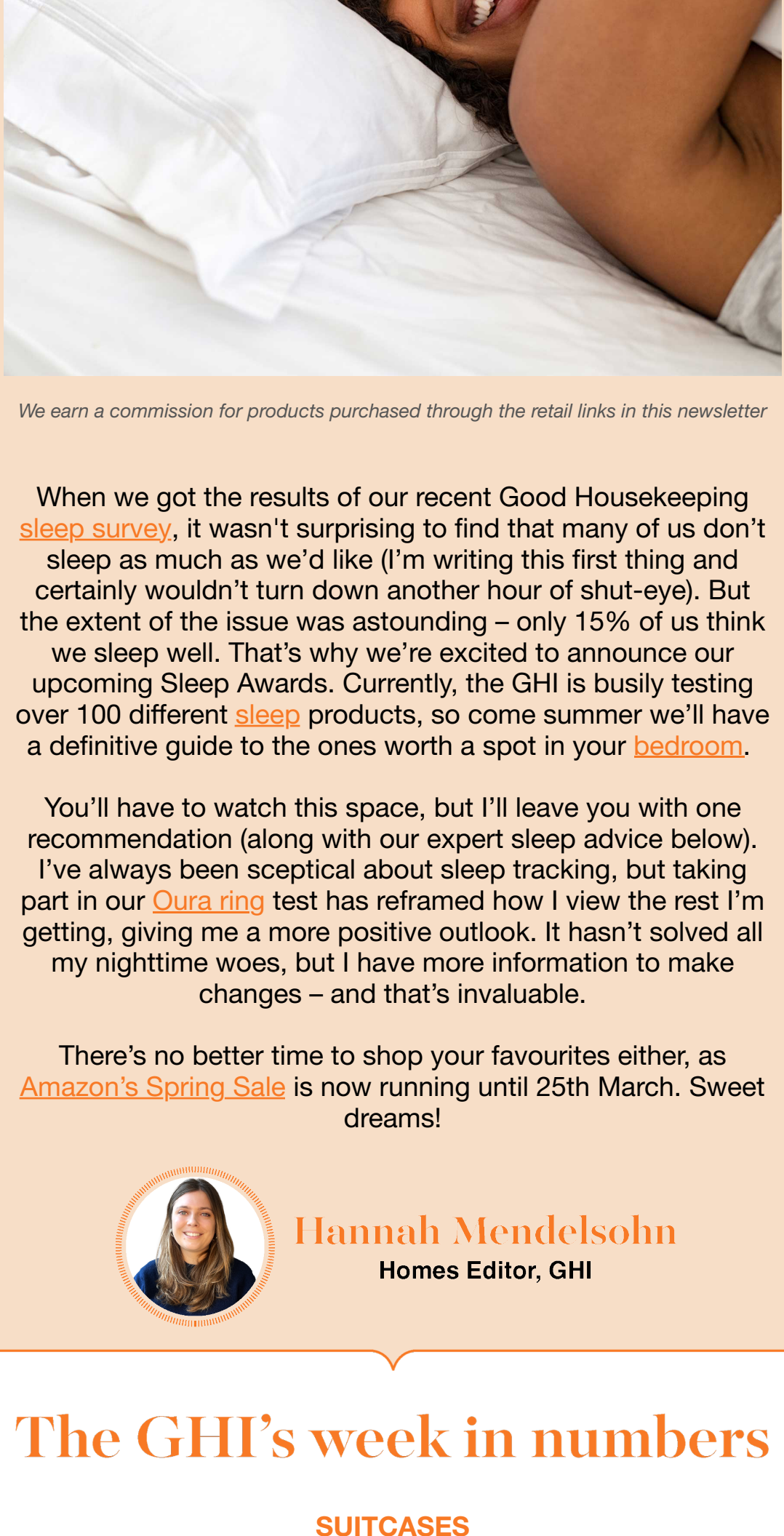




GOOD Home

Hacks, tips and gadgets

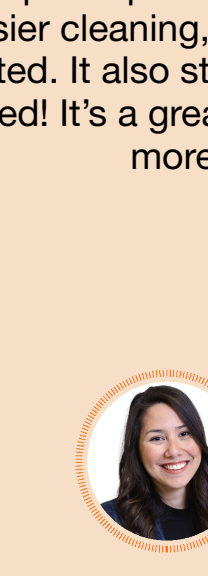


We earn a commission for products purchased through the retail links in this newsletter

When we got the results of our recent Good Housekeeping [sleep survey](#), it wasn't surprising to find that many of us don't sleep as much as we'd like (I'm writing this first thing and certainly wouldn't turn down another hour of shut-eye). But the extent of the issue was astounding – only 15% of us think we sleep well. That's why we're excited to announce our upcoming Sleep Awards. Currently, the GHI is busily testing over 100 different [sleep](#) products, so come summer we'll have a definitive guide to the ones worth a spot in your [bedroom](#).

You'll have to watch this space, but I'll leave you with one recommendation (along with our expert sleep advice below). I've always been sceptical about sleep tracking, but taking part in our [Oura ring](#) test has reframed how I view the rest I'm getting, giving me a more positive outlook. It hasn't solved all my nighttime woes, but I have more information to make changes – and that's invaluable.

There's no better time to shop your favourites either, as [Amazon's Spring Sale](#) is now running until 25th March. Sweet dreams!



Hannah Mendelsohn
Homes Editor, GHI

The GHI's week in numbers

SUITCASES

40 is the number of times we drop a suitcase to check its durability during testing, with our winner offering plenty of space for all your holiday shopping this summer.

BBQS

696 burgers and sausages have been flipped to date during our BBQ tests. Check out our winners, including the highest scoring bbq ever.

SPOT CLEANERS

8 litres of spills (including wine, milky tea, black coffee and mud) were cleaned up in our latest round of spot cleaner tests with our joint winners scoring an impressive 95/100.

Just tested



The Simba Hybrid Essential Topper
£239 (for a double), Simba 93/100

"Adding a [mattress topper](#) to your bed can make a huge difference to comfort levels, providing an extra layer of soft padding. The best ones can feel like sleeping on a cloud! This hybrid topper from Simba impressed both us and our panel of at-home testers.

"It's simple to place on the mattress, has a removable cover for easier cleaning, and the layers of foam kept us cool and supported. It also stays in place, even when my pets jump on the bed! It's a great investment for those who want to get more life out of their mattress."

[Buy now](#)



Blossom Boothroyd
Homes Supervisor, GHI

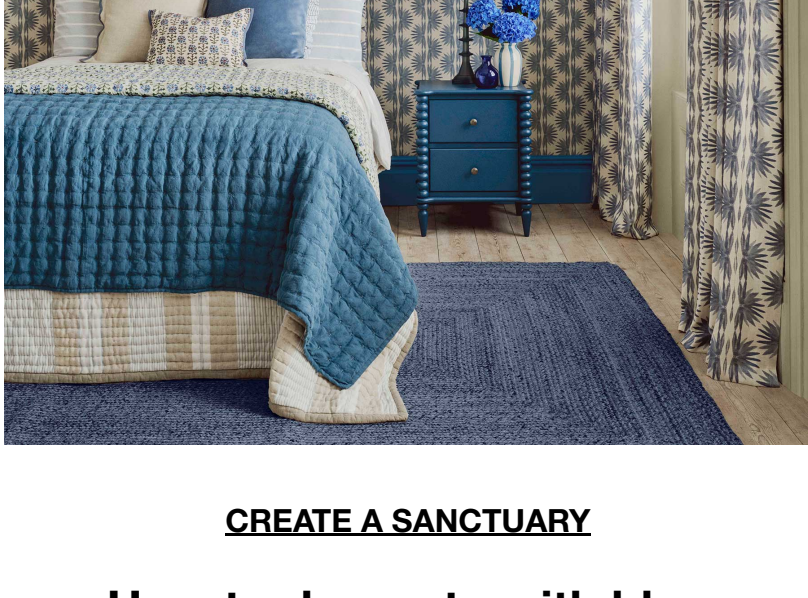
Great offers you'll love



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GLIDE THROUGH THE COUNTRYSIDE ON THE BRITISH PULLMAN TO HIGHCLERE CASTLE

Visit Highclere Castle, travelling on the British Pullman, and hear from Lady Carnarvon about life at the castle. Exclusive to Good Housekeeping, discover this exquisite country home, famous as the filming location for Downton Abbey.

[READ MORE](#)



THE MUST-HAVE LUXURY BEAUTY EDIT FOR ONLY £89

With an impressive line-up of fourteen coveted beauty bestsellers from the likes of Murad, Gatineau and Avant Skincare, this limited-edition edit can be yours for just £89.

[SHOP NOW](#)



Can we help?

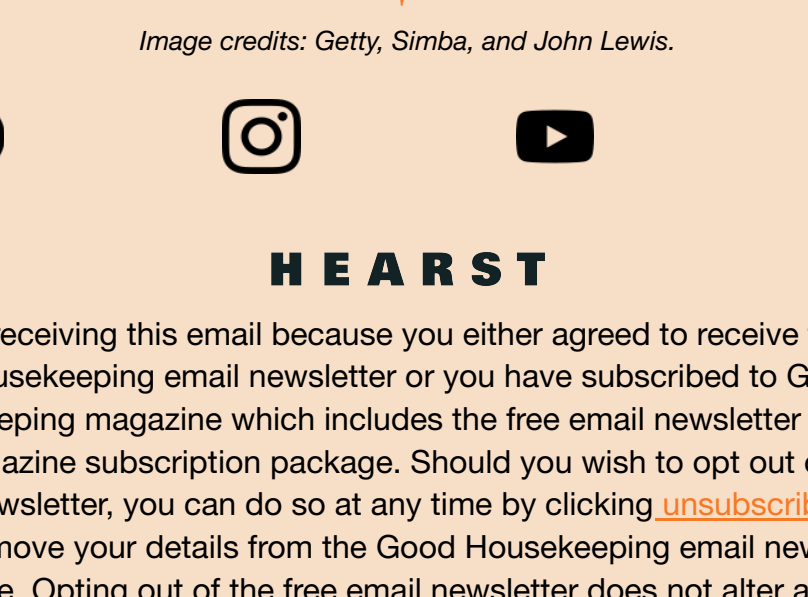


BEDROOM CONFESSIONS

This is what really happens in GH readers' bedrooms

According to our recent sleep survey, 84% of you would opt for a good night's sleep over an orgasm, and only 15% feel like they're getting enough (sleep, that is!).

[Read more](#)



SLIP INTO CLEAN SHEETS

How to keep your bedding fresh

There's nothing nicer than getting into bed with fresh, laundered sheets. Our household advice editor shares her insider tips on how (and how often) to wash your bedding.

[Find out more](#)

SLEEP SAVINGS

Don't sleep on these bedding sales

Mattresses and bed frames don't come cheap, but with the spring sales in full swing, you can buy better for less. These are our shopping editor's favourite bedtime deals.

[Shop now](#)

CREATE A SANCTUARY

How to decorate with blue

Whether you're looking for a dose of calm or want to add a touch of sophistication, blue is back. To help you find the perfect shade, we've asked six colour experts the exact shades they're loving this year.

[Go blue](#)

PROBLEM SOLVED

This is how to wash a weighted blanket

There's nothing better than snuggling up under a [weighted blanket](#) after a tough day. Designed to feel like a hug, they're becoming increasingly popular. Here's how to wash yours the right way.

[Read more](#)

It's got to be done

3 things to know when you're washing pillows

1

[Pillows](#) should be washed at least twice a year; more often if you're sick or suffer from allergies. Having a reliable pillow protector in place will help keep it cleaner for longer. Wash your duvet at the same time for convenience. Replace your pillow when its comfort and support declines.

2

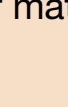
Always check the care label instructions first: some pillows are machine-washable, while others are spot-clean only. Always wash two pillows at once in the machine, or bulk up one pillow with towels; otherwise the load can become unbalanced and cause the machine to vibrate.

3

[Memory foam pillows](#) usually feature a removable cover that can be machine-washed. For the core, vacuum the surface using the upholstery attachment. Spot clean with warm, soapy water if needed. Rinse, but don't saturate, and press with paper towels to help dry.



Image credits: Getty, Simba, and John Lewis.



HEARST

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