NEW YEAR SALE! 2 Gx Suspension Pillows for £39,99!! Make better sleep your New Year's Resolution

with the amazing $G_{\mathcal{K}}$ Suspension Pillow

WHATEVER your sleep problems, the dream of a good night's sleep has now become a reality thanks to a breakthrough invention - the comfort. As well as having the Gx Suspension Pillow. All conventional pillows flatten significantly during sleep - becoming less supportive and more uncomfortable as the night progresses. The result of this is disturbed and broken sleep, frustration and the fruitless search for a better pillow. That search is now

To stop the flattening we've come up with a solution that's so simple it's ingenious. By the clever installation of 'double X' internal ties we have produced of a great night's sleep, why not join the world's first pillow to retain much more of its plumped shape all night long.

Actor Rula Lenska had this to say:

66 It is rare that something advertised as unique and life changing turns out to be true!! I have a chronic back and neck situation and I can honestly say these pillows make a huge difference!! Comfortable...supportive...and positively magical for my neck!! Congratulations! Many, many thanks

To order a great night's sleep

- FREEPHONE

Quote 'NH4' for 20% off

or order online:

The ties work to pull the pillow in and up so that your head and neck are gently cradled and supported in softly sprung revolutionary internal ties, the pillow shell is 100% cotton with our superb hypoallergenic Polycoz filling, and we have added a unique integral air vent to help keep you cool through the night.

As if all these benefits were not enough, you can purchase the pillow with our 30-night comfort guarantee - total satisfaction or your money back*. Tens of thousands of delighted customers have already rediscovered the benefits them? Now available with a special 20% saving for Nature's Home readers, use code NH4.

Harley Street Consultant and back pain specialist, Dr Deane Halfpenny, recommends Gx Pillows:

66 I can honestly say that your pillow has made the world of difference...and fully endorse your pillow as being quite unique in its ability to maintain support throughout the night *99

SINGLE £23.99 TWIN £39.99

20% off

for Nature's Home

readers with code

NH4

Unique internal tie technology maintains shape throughout the night



- Stays plump all night long
- Provides comfort and support
- Integral air vent keeps you cool
- Luxurious 100% cotton shell
- Hypoallergenic Polycoz filling
- Designed and made in the UK
- Choose from Medium-soft or

Most sleepers prefer Medium-soft however if you prefer a firmer pillow choose Medium-firm

OUR PROMISE TO YOU

Sleep on the Gx Pillow for 30 nights and if you are not completely satisfied, we'll give you your money back

SE COMF	LETE ALL BOXES IN BLOCK CAPITALS I	O ENSURE CORRECT DESPATCH
e	Name	

SAVE 20% Please send me:

www.gxpillows.co.uk

0800 316 2689

Enter 'NH4' in discount box for 20% off

The Cart man Care of the Care		
∕ledium-soft [(quantity) Medium-firm [(quantity)	Title Name	
Twinpack Gx Pillows @ £39.99 per pack + E4.95 delivery (any qty):	Address	
2 Medium-soft (quantity) 2 Medium-firm (quantity)	Postcode	
1 Medium-soft & 1 Medium-firm (quantity)	Tel. No.	
Payment Method: Actions payable to	Valid Expiry Security No.	
Card No.	Signature Address envelope to: FREEPOST BEAUTIFUL SLEEP	
Please make cheques payable to Beautiful Sleep Ltd	No other details or stamp required!	

How do birds keep warm in winter? the constant threat of freezing temperatures, frost and snow preventing access to food, and the daily battle to stay warm enough. You'll often see birds

fluffing up their feathers to trap in the air, which they will then heat with their own bodies. The main challenge is at night, when temperatures drop dangerously low. To avoid the worst of the weather, they will seck a sheltered resting place under loose bark, in a tree trunk or in a roof space, often sharing this with other individuals. The kestrels in our garden make the best

GET TO KNOW:

GARDEN BIRDS

With the Big Garden Birdwatch coming up, we asked the

experts to answer your most common bird questions.

use of their nest box in wet and cold weather and we watch them huddling up out of the wind and rain on the monitor in our kitchen. Small garden birds such as blue tits have to feed through most of the daylight hours in winter consuming as much as 30% of their body weight to ensure they build up fat reserves enough to get them through the cold nights.

Nature's Home

Miranda Krestovnikoff,

TV broadcaster and

Winter is a challenging time for all animals with

RSPB President

Blue tits have to eat a third of their

bodyweight each

to survive the cold.

Help them out with

our tips on p32.

Join the Big

Garden Birdwatch

Join in from your garden,

balcony or park for one

hour between 29-31

January. Sign up at

rspb.org.uk/birdwatch

for your own tailored guide.

garden birds

Is watching birds good for us?



Monty Don OBE, horticulturalist and TV gardener I think the best lesson I have had about watching

birds was the simplest. I once asked a brilliant ornithologist what was the secret of finding and observing rare and unusual birds. His reply could not have been more simple. "You have to look," he said.

This is a powerful life-lesson. Because when you take the time to really look and

winter/spring 2021

notice the bird life that is all around you - wherever you are, from a tower block to a garden to a windswept shore - you will always find something that is fascinating and new as well as build upon the sightings and knowledge that you have. This adds to the million links and connections that bind our lives to the natural world and means that you become part of this chain of life and this is empowering, fascinating and richly rewarding. And all you have to do is look.



Our winter blackcaps are a different population from our summer blackcaps, who will have departed in autumn.

Why don't garden birds fly south in winter?



Alison Steadman OBE, actor and bird enthusiast

The birds we see regularly in our gardens are often woodland birds, such as blue tits, which have adapted to find food and places to nest around

people. Many can eat seeds, nuts and fruit in winter and don't rely so much on insects, which are scarce during the colder months. Having said that we do see birds in our gardens in winter that may have come from further afield. While our resident blackbirds and robins don't usually travel far, they'll be joined by others of their kind from northern and eastern parts of Europe and sometimes even Russia. The blackcaps we see in the UK during summer have flown to southern Europe and Africa. But we do see blackcaps here over winter - these will be from colder parts of the continent!

Why are some birds nervous around people but others (like robins) follow us around?



Iolo Williams, TV naturalist This is because of the way they feed and what they feed on. Robins are always upright, alert, hopping around the garden. They're used to following

large animals around the forest and pecking at the insects they stir up. So they're comfortable following us around if we're digging and exposing worms and other tasty goodics for them! Dunnocks, however, tend to have their heads down as they sift through leaf litter under hedgerows. That makes them much more vulnerable to predators so they try to stay out of sight. Other woodland birds that come into our gardens, such as blue and great tits, have evolved in dense, leafy places where they can hide if necessary. So if you've positioned your bird feeder where it's convenient

for you to watch, that might not be as convenient for the birds. I hang my seeds, nuts and fat balls in a hedgerow where they feel much safer feeding.

> Often sociable and charming, robins are a gardener's favourite.



How did our common birds get their names?



Stephen Moss, author and natural historian We often talk about 'folk names' of birds being in decline, but we're missing the point! While rare and unusual birds were mostly named by professional ornithologists, most common and easily visible birds

were given names by ordinary folk. Take the warblers: chiffchaff, blackcap and whitethroat were named from their obvious sound or appearance, while rarer species (aquatic, barred, etc) were named by professionals. Common birds were generally named long ago, after their sound, colour, appearance or habits - eg cuckoo, blue tit and treecreeper; other birds were named later (from the 18th century onwards), and often after their habitat (reed, sedge and willow warblers) or to commemorate the name of a famous person - such as Bewick's swan or Montagu's harrier.

Nature's Home

winter/spring 2021