

THE 
INDEPENDENT

The Information

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The essential guide to going out and staying in 08.05.2010

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BEST

Fitness Essentials



Film

Seriously funny:
Four Lions

Theatre

Women Beware
Women revived

Comedy

Flight of the
Conchords tour

Music

From the harp:
Joanna Newsom



30 Mammoth

Mammoth's Elite Mattress offers posture support and regulates your body temperature while you sleep, says Bean. "If I could give one piece of advice, it would be the importance of quality sleep," she adds.

Where www.mammothsport.com

How much from £349

"I'm very proud that the Mammoth Sport Mattress is getting the recognition it deserves within trusted publications like the Independent."

John Tuton

Managing Director - Mammoth Sport Ltd