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Designer may be on a roll

ALICIA McCUMSTIE

IF there is one thing pregnant women need it's a good night's sleep and one crafty mum has come up with the perfect solution to end those slumber problems.

When Alison Johns, of Wyoming, was pregnant with her fourth child she had a lot of trouble getting comfortable in bed.

"With my previous three pregnancies I had used a small cushion off our lounge but by the time our fourth had come along the cushion was long gone, so out of desperation I came

up with my own design," Mrs Johns said.

Ready2Roll is a compact double-sided pregnancy pillow and features two small pillows joined by an adjustable middle panel so expectant mothers can comfortably roll from side to side.

"I tried sleeping with normal sized pillows and a body pillow and the thing is if you wanted to roll over you had to lift the sheet and move the pillow and it got in the way of your partner, the great thing about the Ready2Roll is that there is no need to fuss about repo-

sitioning pillows in the middle of the night," Mrs Johns said.

"It also gives women two sleeping positions. You can lean your belly into the pillow for a comforting cradling effect or you can tilt backwards into the second pillow to relieve pressure that often occurs from sleeping in one position." Mrs Johns knew she was on to a good thing, after she gave a few pillows to friends to try and they rang her to buy more.

Inquiries: www.r.r.pregnancypillow.com.au.



Alison Johns has designed a special pillow for pregnant women. Picture: TROY SNOOK