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The standard size of international passports, including those issued by the United States, is 4,921 inches by 3,465 inches. The International Civil Aviation Organization (ICAO), which issues passport standards and recommendations to national governments, defines this dimension. ICAO's recommendations also cover the size of the photo in the passport and the type of background it should have. Under the 2014 U.S. passport guidelines, passport photos must be colored and printed on paper with quality photos. Photos should measure 2 inches by 2 inches in size and feature an item in size that measures from 1 inch to 1 3/8 inches from the top of the head to the bottom of the chin. The photo should have a simple white or non-white background. Tuck Sleep's Mattresses zgt; Mattress 101 zgt; Mattress Dimensions August 6, 2020 Whether it's your first time buying a mattress, or it's been a while since you bought the last one, choosing a new mattress can be a big decision. You don't want to spend a big chunk of change just to realize that you're not making the right choice. Before you start worrying, we're here to help. We will break down all the terminology of the size of the mattress in this guide, so you can choose the best size mattress for you, whether you sleep alone or with a loved one (man or animal), or whether you like to cozy or sprawl. Start by looking at the chart below or scroll down for more information about each mattress size. Mattress Size Mattress Size Comfortably Fits Twin 38 x 75 1 Person TwinXL 38 x 80 1 Person Full / Double 54 x 75 1 person with pet, 2 adults, no pets queen 60 x 80 1 person with pet, 2 adults, no pets King 76 x 80 1 adult with pet (s) or child (s), 2 adults with a large pet or child of California King 72 x 84 1 adult with several pets or children, 2 adults with several pets Or Kids Crib Mattress 28 x 52 1 Baby Baby Mattress 28 x 52 1 Toddler Twin Mattress Twin Mattress Sizes: 38 x 75 Size mattress is the smallest mattress size that can accommodate young children and most adults are comfortable. Great for... children, adults, unmarried, those with a small life situation such as a studio apartment or a shared room. Not very great for... couples, above adult men and women, those who like to spread when they sleep. Keep in mind that 75 inches translates to 6 feet 3. Twin XL Mattress Twin XL Mattress Sizes: 38 x 80 Twin XL mattress mattress you will most likely place in a college dorm room. It fits into small living spaces, providing extra length for taller adults or teens. Great for... taller adults or teens in small life situations such as apartment-studio common room. Not very great for... couples, those who like to spread when they sleep. Full/Double Mattress Full/Double Mattress Sizes: 54 x 75 Full mattress (also known as double mattress) provides just over a foot more width to the bed than the twin or twin XL XL. It used to be a standard size for couples a few decades ago when houses were built smaller but are now more commonly used for individual adults or children who can afford to have extra space to distribute. Great for... Individual children or adults sleeping alone or with pets, couples who love to snuggly without pets. Not very great for... couples where one or both people want to have a little personal space to spread or stretch their legs, above adults, couples who want to sleep with their pets. The queen mattress queen mattress Sizes: the 60 x 80 queen mattress is the most popular size mattress sold today. It provides extra length for taller adults, and extra width so the couples can still snuggle up, but enjoy their personal space to stretch a bit, too. Great for... adults living on their own who prefer to spread or sleep with their pets, couples who like to sleep next to each other without pets, smaller bedrooms. Not very great for... couples where both love to really spread or who want to sleep with their pets. King Mattress King Mattress Sizes: 76 x 80 King mattress of the same size as two double beds side by side. It offers couples enough space to spread, or sleep with a large pet or children. For couples who need different support or prefer different types of mattresses, you can order two different twin mattresses to fit the king's bed frame. Great for... Couples who like to spread, couples who like to sleep with big pets or children, large bedrooms (ideally 12 x 10 square feet). Not very great for... couples with smaller bedrooms. California King Mattress California King Mattress Sizes: 72 x 84 California King mattress is the longest mattress size there (if you order a custom mattress, of course!) This is a paired version of the twin XL mattress - it provides extra inches for taller adults. Great for... Taller couples who like to spread, couples who like to sleep with a few big pets or children, large bedrooms. Not very great for... couples with smaller bedrooms. Crib Mattress Crib Mattress Sizes: 28 x 52 Crib mattresses designed for - you guessed it - cribs for newborns and babies. They are designed for crib frames and will last until your child meets one of the following conditions: is about 18 months old, reaches 3 feet tall, or starts to run off their crib. Look for as hard a mattress as possible. Small babies are unable to maneuver themselves, so if the mattress is too soft and their face sinks, they are at increased risk of SIDS or Great for... children under 18 months or less than 3 feet tall. Not very great for... everyone else. Toddler Mattress Mattress Sizes: 28 x 52 Toddler mattresses are usually the same size as crib mattresses. What is different is that the toddler mattresses are a little softer, and are placed in toddler bed frames compared to cribs. Parents can choose to buy a removable rails to protect the child from falling. Some parents skip the toddler mattress altogether and go straight to the twin mattress after the crib. Great for... toddlers or young children. Not very great for... everyone else. The size of the mattress versus the thickness of the mattress A common misconception is that the mattresses are larger in size thicker than the smaller mattresses. In fact, most mattress models sold today have the same thickness in every available size, even if the model is available in more than one thickness profile. For example, let's say that the mattress model is available in 9 and 10 thickness variants. Both profiles are usually sold in all sizes from Twin to California King. The mattresses sold today can measure six to 18 inches thick, but the vast majority are eight to 12 inches thick. When choosing a mattress based on thickness, your weight and your sleep partner's weight are the most important considerations. Adult sleepers are divided into three common weight groups. Light (less than 130 pounds): Sleeping sleepers in this group tend to prefer mattresses that are 10 inches thick or shorter. These beds offer adequate support for easy people without plunging excessively. Most lighter people also have an easier time getting on and off shorter beds. Average (130 to 230 pounds): Those with an average weight can feel comfortable on any bed that measures eight to 12 inches thick, although most prefer those in the range of 10 to 12 inches. This thickness provides a balance of conformity and support, which is optimal for most medium-weight sleepers. Heavy (over 230 pounds): In most cases, sleepers weighing more than 230 pounds prefer beds that are at least 11 to 12 inches thick - and many may find that more than 12 inches is the best option. Thick beds will not sag as much under their bodies as thinner ones; in addition, heavier people may struggle to get on and off the lower bed profiles. One thing to note is that louder mattresses tend to be priced higher than lower-refined beds. This is because thicker beds tend to contain more layers of padding and ancillary material, including foam, latex, microcoa and other potentially expensive components. So if you have a mattress shopping on a budget, then a lower bed profile may be the most appropriate choice. What size mattress do I need? When choosing a mattress depending on size, here are several important factors to take into account: Generally speaking, Twin, Twin XL, and full mattresses are most suitable for single sleepers, while the queen, king, and California King mattresses are designed for two sleepers. It is important to remember that the size of the queen will provide less space between the two sleepers than the King or King of California would. If you and your sleep partner prefer to sleep close together, then the queen is more likely to will work. Otherwise, the king or king of California would be the best option. In addition, Twin and Twin XL mattresses are smaller in width than Full mattresses. Single sleepers that don't Sleeping close to the edge of their bed should opt for full, but if that's not a problem, then Twin or Twin XL sizes will suffice. Most single sleepers will find all mattress sizes provide ample space for them, regardless of their height or weight. However, those with large bodies should consider the width of the mattress. A typical Twin/Twin XL mattress measures 38 to 39 inches wide, while the full one usually measures 53 to 54 inches wide. If these sizes are too narrow, then consider the queen or more. In terms of height, a typical Twin or Full mattress will accommodate those who are 6 feet 2 inches or shorter, Twin XL, queen, or king will accommodate those who are 6 feet 7 inches or shorter, and the King of California will accommodate those who are 6 feet 11 inches or shorter. Those who are 7 feet or higher might want to consider a custom bed with longer size lengths. If one or more children often sleep in bed with you, then the size of a queen or larger is usually necessary - even if you're one asleep and don't have an adult sleep partner. Full can be wide enough to accommodate you and the smaller child, but not older children and/or more than one child. If you share your bed with another adult and the children visit at night, then the King or King of California tends to work best. If you share your bed with a big dog, then a queen or more may be required - even if you don't have an adult sleep partner. However, Twin, Twin XL, and full mattresses can be large enough to accommodate you and smaller dogs, cats and other small pets. Do you like to sprawl your arms and legs while you sleep? If so, then the queen, king, or California king would be the best option - especially if you have a sleep partner. Single sleepers that are usually tucked into the hands and feet at night may find that the smaller size of the mattress is sufficient. Those who are sucking and turning may find smaller sizes too narrow. The large size of the mattress take up a lot of space. It is important to measure the available square meters in your bedroom before choosing the size of the mattress. Standard square inches/foot measurements for the overall size of the mattress are as follows: Twin: 2925 sq m/20.3 sq m. Twin XL: 3120 sq m/21.7 sq m Full: 4050 sq m. v/28.1 sq.m. The queen: 4800 sq m. v/33.3 sq.m. King: 6080 sq m/42.2 sq.m. California King: 6048 sq m. v/42 sq.m. Also be sure to take the height of the mattress into account, especially if you have low ceilings or fixtures, or you want to store items under the bed. The difference in cost between Twin and King/California King may be insignificant or significant, depending on the brand. Be sure to make a comparison between the price points of different brands during purchases. Also, keep in mind that Twin/Twin XL and King/California King mattresses often have the same models of specific price points. The mattresses are designed for newborns and up to 18 months, and for those whose height is three feet or if your child is older and/or taller, then a toddler mattress will be the most appropriate option. Mattress Size Frequently Asked Questions Still Have Questions? In the frequently asked questions section below, we aim to answer the most common questions we have received about mattresses. Can two people sleep in a full bed? It is not uncommon for couples to share a full-size mattress. However, whether two people can fit comfortably on a full-size mattress may depend on each person's size and/or their personal sleep needs. To give you some perspective, each person will have about 27 inches of space when sharing a full bed. What is the difference between full and double? In the world of mattresses the terms full and double are often used interchangeably. Double is a slightly older term that is not often used. It is worth noting that the full and double are both shorter than the queen; You can take height into account when choosing between a full or a queen. What is the difference between a twin and a single? Much like one and double, twin and one are terms used interchangeably in the mattress industry, with one being slightly older term. Can you get a custom sized mattress? The most common sizes, king, queen, full, and twin are not the only mattresses available for purchase. Many companies will make custom mattress on request. For example, some manufacturers will specifically design an extremely tall mattress or mattress that is larger than the King of California. Are there mattresses of different sizes for SUVs? Since recreational vehicles (RV) tend to have less room to sleep, RV mattresses tend to have a smaller size and a lower profile. If you are looking for an RV mattress, usually you have the option to purchase a mattress that has been specially designed for RV or low-size, small-sized beds. Are there any sizes larger than the King of California? Mattresses are larger than the King of California exist, and are sometimes called Alaska King or Wyoming King beds. The King of Alaska measures up to a whopping 9' on 9', while the King of Wyoming is slightly less than 7' on 7'. By comparison, the California Kings measure 72 x 84. Alaska and Wyoming mattresses are ideal for young families who prefer to sleep together, people who share beds with big dogs, and people who just want more space when sleeping with their significant others. You won't find Alaska or Wyoming King beds in most retail stores; These beds usually require custom design requests. What is the most popular mattress size? Capable of fitting two people comfortably, the queen is the most popular size mattress. Do I need sheets and a comforter the same size as my bed? The short answer is yes. Especially when it comes to set sheets, it is important to purchase sheets that are not only size, but have the right depth or height. The general rule is that you need a set leaf depth that is at least two inches deeper than the height height Mattress. On the other hand, if you choose a comforter mattress or blanket that is a little too big for your bed, it's often less of a problem - the ends of the bedding can just hang the sides of the mattress. Are there different pillow sizes as well? The size of the pillow can come into play depending on the size of your mattress. The smallest and most common pillows, standard (20 x x 26), are usually enough for double and full-size mattresses. However, people who quit and rotate often at night can choose a large pillow - such as the super standard (20W x 28L), the queen (20W x 30L), or the king (20-21W x 36-41' L). You can also consider a body pillow (sizes vary; usually between 48W x 20L or 54W x 24L), ideal for side sleepers, pregnant women, and those who like snuggling with a pillow. Additional resources dimension poutrelle hours16+4

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