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## National Bed Month: Long Live the PJ Day

March 16, 2021 (<https://www.majority.co.uk/2021/03/16/>)

**Whether you're enjoying an overdue lie-in or relaxing with an early night, give yourself a break with a day in bed watching your favourite films.**

It's no secret sleeping is vital to functioning effectively but resting in your waking state is just as important as sleeping the recommended 7 hours a night. Taking a morning, afternoon, or an entire day to kick back and relax can be instrumental in not only taking ownership of a healthy work-life balance but also living life. The shift to working from home for many saw a drastic change to our work-life balance, so March standing as National Bed Month is the perfect time to pay more attention to your resting and sleeping habits.

Between childcare, education, work and staying fit, it can be a foreign concept to stop and relax but studies have shown rest is just as essential to our physical health as drinking water and staying active is. Time away from the most strenuous levels of weekday stress allows your physical and emotional muscles to adapt to chronic stressors and grow in response to it.

Rest can also be the ultimate fighting tool against stress. With billions of us stranded from family members and inside for long periods of time, the National Record of Statistics reported that 69% of adults in the UK are feeling worried by the effects of the coronavirus. With the increased levels of stress, rest can be the ultimate fighting tool. By reducing the demands on the body, rest allows us to renew our body's resources, particularly energy.

With the heightened demand to live a slower lifestyle and look twice at the busy social and work schedule, National Bed Month is the perfect time to sneak underneath the duvet and binge watch your favourite tv shows and films. Whether you're enjoying an overdue lie-in or relaxing with an early night, give yourself a break with a day in bed watching your favourite films.

## Top Movies to Binge in Bed

### Action

#### Mulan

In this live-action remake of the animated 1998 Disney film, a girl disguises as a male warrior and joins the imperial army to prevent her sick father from being forced to enlist as he has no male heir.

#### Harley Quinn: Birds of Prey

After being thrown out in the streets by Joker, Harley Quinn (Margot Robbie) struggles to pick herself up. However, Harley teams up with Huntress, Black Canary and Renee Montoya to defeat a gangster and protect a girl.

#### The Rhythm Section

Stephanie (Blake Lively) goes into a downward spiral when she loses her family in a plane crash. Later, on learning that the incident was orchestrated by terrorists, she decides to take revenge.



Left to right: Mulan, Harley Quinn: Birds of Prey and The Rhythm Section

### Fantasy

#### Wonder Woman 1984

When Diana Prince comes into her full powers, she maintains a low profile by curating ancient artefacts and only performing heroic acts incognito. But soon, Diana will have to muster all of her strength, wisdom and courage as she finds herself squaring off against Maxwell Lord and the Cheetah, a villainess who possesses superhuman strength and agility.

## Dolittle

A physician (Robert Downey Jr), who can speak with animals, is summoned by the queen to find a cure for her life-threatening disease. Soon, he embarks on a journey with his furry friends in search of a healing tree.

## Maleficent: Mistress of Evil

In this sequel to the 2014 live-action retelling of Sleeping Beauty, Maleficent alienates herself from Aurora when she opposes her engagement with Prince Phillip. Unknown to them, an enemy lurks, waiting to capitalise on their discord and destroy all that they love.



Left to right: Wonder Woman 1984, Dolittle and Maleficent: Mistress of Evil

## Comedy

### Coming 2 America

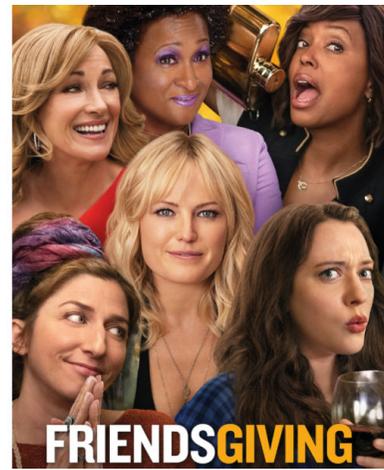
Needing a male heir to the throne, Prince Azeem (Eddie Murphy) returns to Queens, N.Y., to find his long-lost son and bring him back to Zamunda.

### The Prom

Down-on-their-luck Broadway stars shake up a small Indiana town as they rally behind a teen who wants to go to the prom with her girlfriend.

### Friendsgiving

Molly and Abbey, along with their crew of close friends, host a dysfunctional Thanksgiving dinner.



Left to right: Coming 2 America, The Prom and Friendsgiving

## Musical

### Hamilton

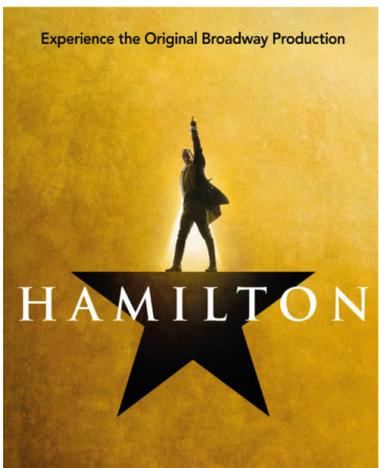
An American Musical is a sung-and-rapped-through musical by Lin-Manuel Miranda. It tells the story of American Founding Father Alexander Hamilton. Miranda said he was inspired to write the musical after reading the 2004 biography Alexander Hamilton by Ron Chernow.

### The Nightmare Before Christmas

A Tim Burton Classic, Jack Skellington, a being from Halloween Town, finds Christmas Town and is instantly enchanted. The situation becomes riveting when his obsession with Christmas leads him to abduct Santa Claus.

### La La Land

Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts, they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.



Left to right: Hamilton, The Nightmare Before Christmas and La La Land

## Television

### WandaVision

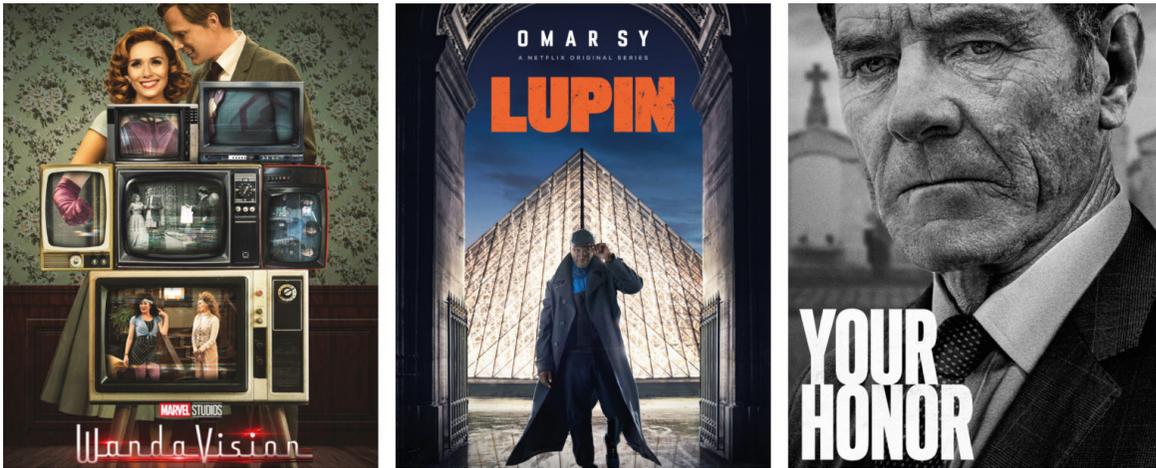
**WandaVision** is an American web television miniseries, based on the Marvel Comics superheroes Scarlet Witch (Elizabeth Olsen) and Vision. Living idealized suburban lives, super-powered beings Wanda and Vision begin to suspect that everything is not as it seems.

## Lupin

A retelling of the classic French story about Arsène Lupin, the world-famous gentleman thief and master of disguise

## Your Honor

Starring Bryan Cranston, a respected judge's son is involved in a hit-and-run that leads to a high-stakes game of lies, deceit and impossible choices.



Left to right: WandaVision, Lupin and Your Honor

## Ready for a bed day?

### Majority Atlas Soundbar

Perfect for when you're on the move around your home or even the back garden, the [Majority Atlas](https://www.majority.co.uk/product/atlas/) (<https://www.majority.co.uk/product/atlas/>) comes with a rechargeable battery and USB battery so you can plug and listen to your audiobook via Bluetooth, SD card, USB or AUX port. With up to 8 hours of playback you can cosy up or spring clean for hours to come.



(<https://www.majority.co.uk/product/atlas/>)

Majority Atlas Portable Bluetooth PC Speaker

### Majority K2 Soundbar

If you love a thriller, adventure or fantasy storyline, the **Majority K2** (<https://www.majority.co.uk/product/k2/>) will reinvent fiction for you with its cinematic surround sound. Complete with a wireless subwoofer, the K2 delivers audio excellence for every heart-thumping moment you could wish for. Ready to fill the room with your favourite audiobook, the K2 connects via Bluetooth, AUX port and USB.



(<https://www.majority.co.uk/product/k2/>)

Majority K2 Bluetooth Soundbar & Subwoofer

### Majority Bowfell Soundbar

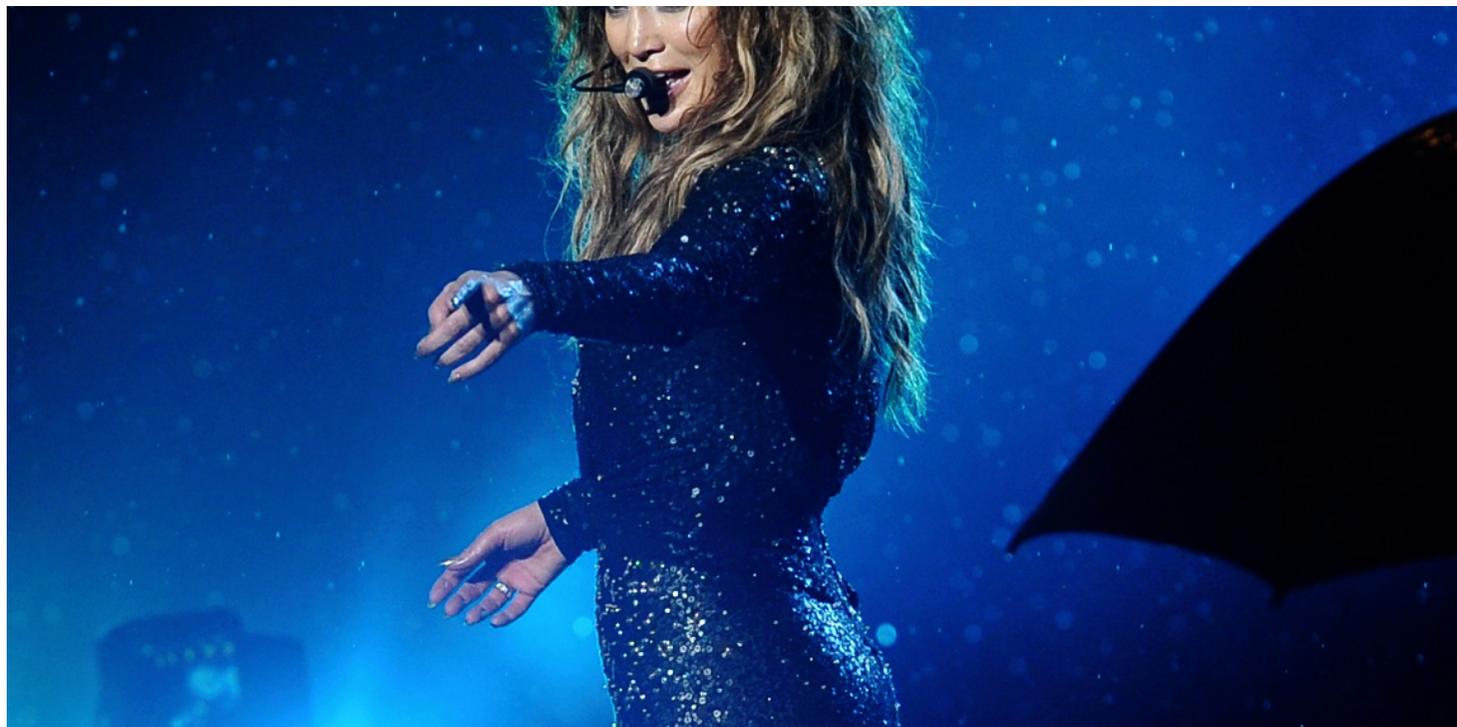
If you have smaller space to hold all your home entertainment devices, the **Majority Bowfell** (<https://www.majority.co.uk/product/bowfell/>) offers supreme sound in a small but mighty package! With a built-in subwoofer and remote control, the slim soundbar is ideal for the booklover who loves all genres with varying sound settings to cater to the genre. Connecting via Bluetooth, Optical, USB, RCA and AUX port is great for a home office, kitchen reading or even the guest room...



(<https://www.majority.co.uk/product/bowfell/>)

Majority K2 Bluetooth Soundbar & Subwoofer

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