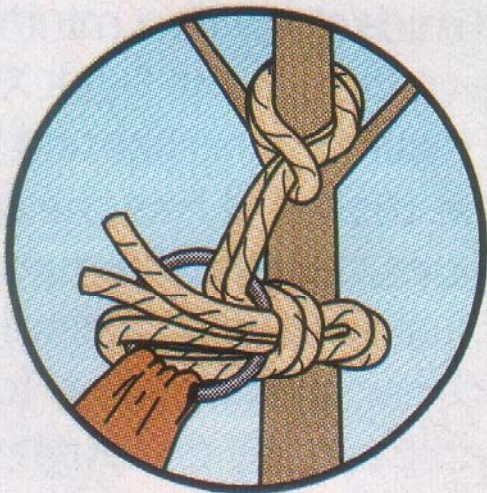
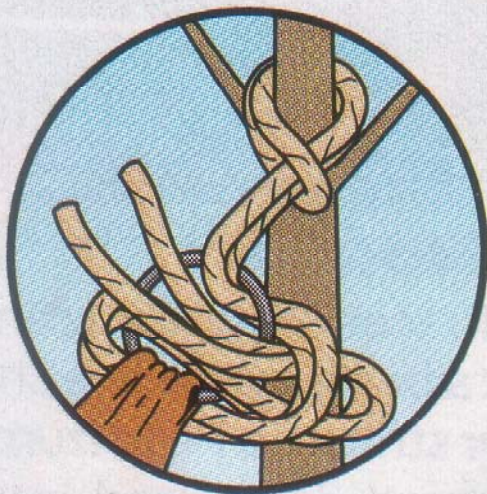
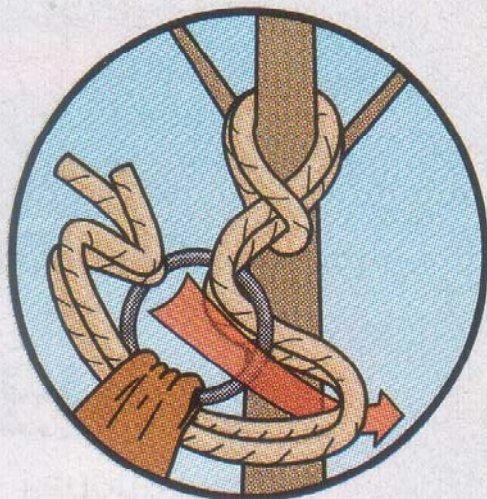


>workbench

How to Hang a Hammock (Right)



At last, it's siesta season. The key to a good summer nap is an easy setup. Here's how to do it: Pick the right hammock. Avoid the rope-mesh kind with the spreader bars, says the oft-reclined Ed Speer, of the Southeast Hammock Hangers Association. They tend to flip. For the knot, we like this double-closed hitch (see left), which is self-tightening yet releases with a quick pull when a summer squall rolls in. The farther apart the attachment points are, the flatter you'll lie. Remember, it's not a bed. Unless you're shaped like a banana, the most comfortable position is lying diagonally. Now, just chill.
—MATTHEW FISHBANE