

# 12 ways to get some serious shut-eye

According to a 2010 poll commissioned by the CBC, the majority of Canadians aren't getting enough zzzs. (We *knew* we weren't the only ones dragging our butts out the door each morning.) The good news: We've figured out how to make your fantasy of sleeping like a baby come true. BY KAREN ROBOCK

## 1 CONSIDER GOING SPANXLESS

Researchers in South Korea found that the constant compression of many body slimmers may interfere with sleep-regulating circadian rhythms, lowering levels of melatonin and raising body temperature, which can result in sub-par shut-eye. However, this study is the first of its kind, so we don't blame you if you'd rather not swear off them just yet. (We're still wearing ours, for the record.)

**2 IXNAY ON THE LATE-AFTERNOON LATTE** The caffeine buzz from your 5 p.m. pick-me-up can last up to six hours, making it difficult to

drift off at a reasonable hour. "Caffeine interferes with a sleep-regulating nerve chemical called adenosine," says Maria Thomas, a registered dietitian and nutrition consultant for *The Last 10 Pounds Bootcamp* on Slice Network. If you suspect that caffeine – be it from coffee, tea, pop or energy drinks – could be keeping you up at night, it's time to scale back. Start by limiting yourself to two cups of coffee a day (in other words, one Grande from Starbucks) and instigating a post-3 p.m. caffeine ban.

**3 SOLVE YOUR GUY'S SLEEP ISSUES** If your man snores, kicks or keeps odd hours, he could be robbing you of your beauty rest. Studies show that women are woken more often by their partners than vice versa, though researchers aren't exactly sure why. "Sometimes you need to treat his sleep disturbers to improve your own rest," says Dr. Phyllis Zee, director of the Sleep Disorders Center at Northwestern University in Chicago. Depending on the severity of the issue, he may

need to visit a sleep clinic or simply invest in a white-noise machine. (See page 102 for our top pick.)

**4 DROP THE LATE-NIGHT WORKOUTS** Your body temperature rises during exercise and can take as long as six hours to drop, depending on the intensity of your session and how your body reacts to exertion. Give yourself at least three hours to cool off before hitting the sheets.

**5 BUY A NEW MATTRESS ALREADY** If you've been snoozing on the same hand-me-down since university, you're overdue for an upgrade. Over time, springs lose their bounce and divots form where you lie the most, making for a less-than-stellar sleep. "If a mattress is doing its job properly, it should support the natural contours of the body, allowing our muscles and joints to fully relax," says Dr. Annette Bourdon, a Montreal-based chiropractor. (Still not convinced? Think about all the dust, sweat and body oil trapped inside old faithful.) ▶

## Sleepless beauty

Fake your way to well rested with these restorative products.

**VISINE FOR RED EYE ADVANCE TRIPLE ACTION**, \$9 THESE MOISTURIZING, REDNESS-REDUCING DROPS ARE AN INSTANT WAKE-UP CALL FOR TIRED EYES.

**BOURJOIS 10 HOUR SLEEP EFFECT FOUNDATION**, \$26 ERASE THE SALLOWNESS CAUSED BY SLEEPLESSNESS WITH THIS VITAMIN-PACKED FOUNDATION.

**BIOThERM AQUASOURCE EYE PERFECTION**, \$38 PUT AN END TO PUFFINESS – ANOTHER TELLTALE SIGN OF A RESTLESS NIGHT – WITH THIS SOOTHING GEL.

**REVLON AGE DEFYING MOISTURIZING CONCEALER**, \$14 THIS EYE CREAM-MEETS-CONCEALER ERASES DARK CIRCLES IN 60 SECONDS FLAT.

