



Looking this stress-free starts with better sleep.

## Good Morning, Gorgeous!

Follow a few of these bedtime beauty tips, and no one will know you spent most of the night checking for monsters under the bed. *by* TRACY PEREZ

**T**urns out the whole idea of beauty sleep isn't some fairy tale. Recently, University Hospitals Case Medical Center, in Cleveland, teamed up with cosmetic company Estée Lauder to do a study on the effects of sleep quality on skin. One of the most interesting findings: Poor-quality sleepers showed increased signs of intrinsic skin aging, including fine lines, uneven pigmentation, and sagging as a result of reduced elasticity.

These results came as no surprise to Elma Baron, M.D., the research dermatologist who led the study for UHCMC. "Just like other organ systems in the body that are negatively affected by lack of sleep, your skin also suffers," she says. But clocking nine hours a night? Yeah, right. The second best thing: using effective products at bedtime, when your body naturally goes into repair mode. Follow this advice and things will be less alarming come morning.

# 5 ways to wake up to great skin

**1 Take it off.** Even if it's the only thing you do, cleansing is crucial to remove makeup, sweat, and the environmental pollutants that put stress on your skin during the day, says Annie Chiu, M.D., a dermatologist in Los Angeles. We like Clean & Clear Night Relaxing Deep Cleaning Face Wash (\$7; walgreens.com), which gets the job done fast and has a calming fragrance.

**2 Be kind to your eyes.** Dr. Chiu recommends switching to a satin pillowcase to minimize the friction on skin that causes lines to form around the eyes. You should also sleep with your head slightly elevated to reduce the natural pooling of excess fluids that lead to a tired, puffy look. And consider a product like Estée Lauder Advanced Night Repair Eye Serum Infusion (\$62; esteelauder.com), which promises to solve all of the above with its blend of hyaluronic acid and antioxidants.

**3 Add a dose of retinol.** This ingredient is proven to stimulate collagen production and cell turnover, resulting in fewer lines and a more

even skin tone. Nuance Salma Hayek Overnight Time-Release Retinol Capsules (\$22; CVS.com) provide a premeasured amount of the potent stuff and can be mixed with your favorite night cream.

**4 Treat rough spots.** Your skin loses 25 percent more water at night than in the daytime because of how hard it's working to repair itself, says Dr. Chiu. So take time before bed to apply a moisturizing product like Lather Quiet Night Relaxing Balm (\$9; lather.com) to dry places such as lips, elbows, heels, and cuticles.

**5 Address your toughest skin issues while you sleep.** When applied every night, Mederma PM Intensive Overnight Scar Cream (\$30; drugstore.com) significantly fades scars in two to six months.

