

Sleeping Naked Is Good For You!

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Slipping between the sheets naked could be the secret to a great night's sleep! But if you don't fancy sleeping in the buff, there are other things you can do



Dare to go bare

So you've had the hot bath and the milky drink, your room is dark and quiet, your phone is switched off. These, we're so often told, are the golden rules for a good night's sleep. But who knew that sleeping naked could also boost your chances of nodding off fast?

"It's all about temperature control," explains sleep expert Sammy Margo. "Especially in winter, you may be tempted to snuggle down in warm winceyette, but your body needs to be cool in order to produce the right amounts of essential sleep hormones, and being too cosy can be more of a hindrance than a help."

"Your optimum room temperature

at night should be 16-18°C, but combine warm nightclothes with your top tog winter duvet, and your body temperature could soon be soaring, leaving you to toss and turn, wondering why your bedtime routine has let you down. And it's more than annoying if you can't get to sleep – it's actually bad for your health.



Should you ditch the PJs?

"We all know about the importance of nutrition and exercise, but sleep is every bit as critical for your overall wellbeing. It's not just about feeling less tired during your waking hours. Research now links poor quality sleep with an increased risk of everything from heart disease and cancer to Alzheimer's.

"So, even if it means breaking the habit of a lifetime, think about whether it's worth ditching your pyjamas or nightie and sleeping in the nude.

"Also, if you're someone who often experiences 'tropical moments' in bed, this simple step could make all the difference, and you can reassure yourself that you're doing one more thing towards keeping all those potential medical problems at bay."

TIP
Keep your socks on!
"Strange but true – research shows you're more likely to wake up in the night if your feet are cold, so keep your tootsies toastie," says Sammy

Don't fancy it?

A stronger immune system, a deeper sleep, a tinier waistline, and less stress – what's not to love about the potential pay offs when you ditch your PJs? However, not everyone wants to sleep in the nude...

"Research shows that the average Brit changes their sheets once a fortnight, whereas you'd never wear the same night clothes as long as that," says Sammy. "If you find yourself having to change your sheets too often once you go naked, and if you want cool night clothes that you can change every day, then look for something made from wool. It's an active fibre that reacts to changes in your body temperature.

"That means it cleverly warms you when you're cold, or cools you when you're too hot. The fibres also absorb moisture and keep it away from your body."



Natural fibres are important

Magic melatonin!

The reason that sleeping in the buff can be so helpful is down to the optimal levels of the sleep inducing hormone, melatonin, that you're able to produce when your body is nice and cool. Sammy explains, "Everything else in your bedtime routine – such as warming your body with a bath (in order that you can then cool down for bed) and keeping your room totally dark or wearing a blackout mask – is also designed to help with melatonin production, to prepare you for sleep. Melatonin is what makes sleep so restorative,

boosting your immune system and keeping your skin and muscles in top condition. If you sleep with a partner who needs a warmer bed than you, look at buying two different weight single duvets or sleep in separate beds. It's not unromantic – it's practical!"



Rev up the hormones

Stop stressing

Another great thing that happens when you boost your melatonin levels is that, as this hormone goes up, your levels of the stress hormone cortisol come down. This means you're less likely to lie awake worrying – but there's also a major added bonus if you're someone who has to take a deep breath every time you step on the scales. That's because lower levels of cortisol will make it easier for you to keep a grip on your weight, explains Holly Housby, a sleep expert for Sealy beds. She says, "It's when we have high levels of this hormone that we are more likely to reach for the greasy, calorific comfort foods that we know we should be trying to avoid.

"Going naked and keeping cool at night helps to reduce this kind of mindless eating, but it also helps your body to burn calories, boosting your metabolism so you will find it easier to keep excess weight off."



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