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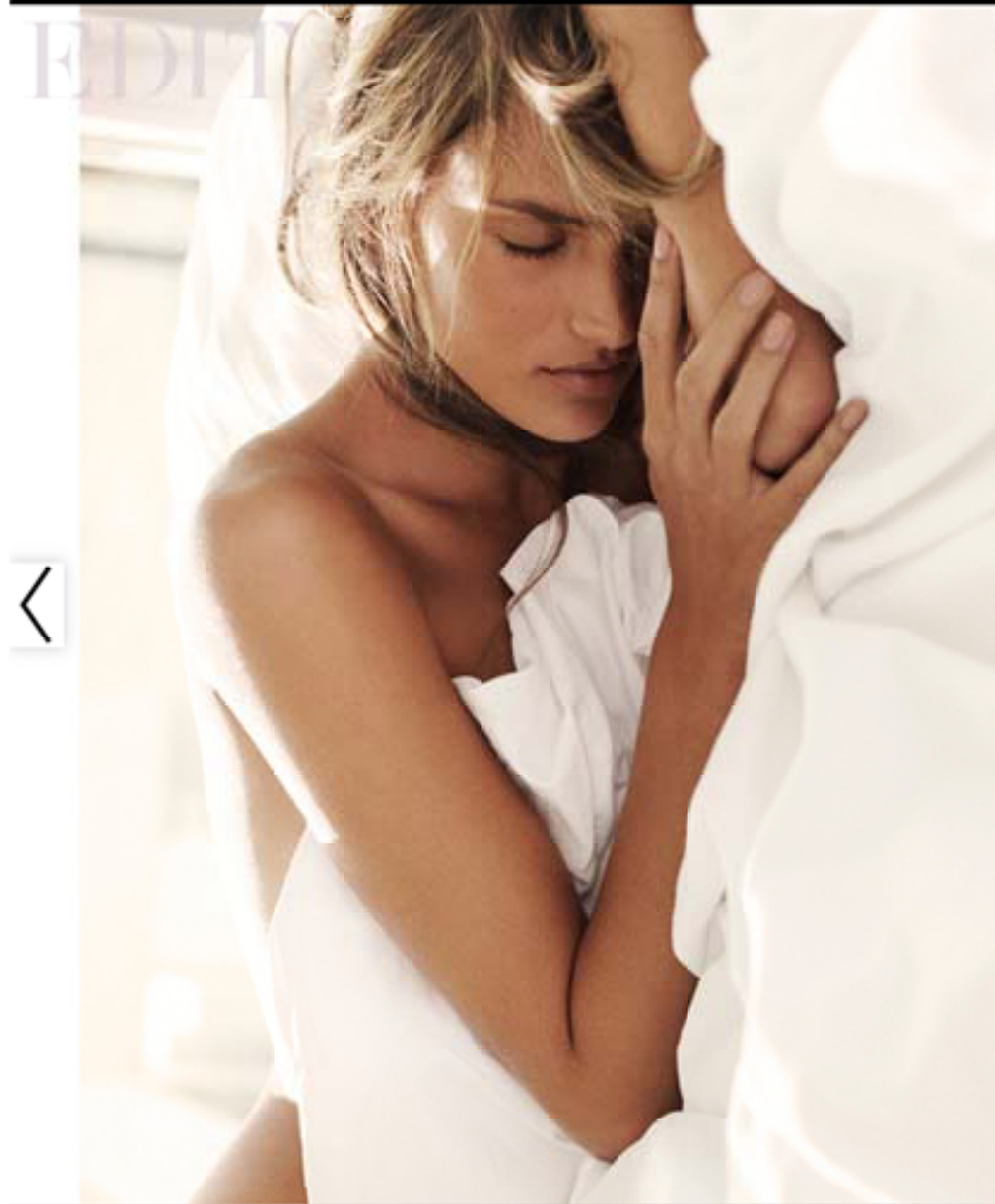
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# Beauty: While you were SLEEPING

*Whether you get eight hours or burn the midnight oil, if you choose the right nighttime skincare routine, you can still get the results of genuine beauty sleep. By EVIE LEATHAM*

According to a study by Jawbone, the makers of the digital activity-monitor wristband UP, Tokyo is the world's most sleep-deprived city, with residents averaging five hours and 44 minutes per night. Melbourne was the most well-rested with six hours and 58 minutes - still an hour short of the ideal eight.

"I call deep sleep a free form of cosmetic medicine," says leading US dermatologist Dr Rachael Eckel. "Repair mechanisms within our cells respond to the body's natural 24-hour clock, shifting up a gear at night." Not only does the hormone melatonin - which repairs free-radical damage - peak between 10pm and 12am, but the production of reparative growth hormones also spikes

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during the first two hours of rest. So, when extra time under the sheets isn't an option, how can we maximize our beauty sleep?

## A DRINK BEFORE BEDTIME

A study by Estée Lauder and the University Hospitals Case Medical Center in Ohio showed that those who regularly get less than five hours sleep have more dehydrated skin. Redress the balance with Kiehl's Midnight Recovery Concentrate, which is rich in skin hydrating nutrients such as squalane, evening primrose oil and omega fatty acids. But if your skin feels dehydrated no matter what you apply, the answer may lie in the atmosphere. "Try sleeping with a humidifier in your room to help replenish moisture," says facialist Annee de Mamiel.

## THE HANGOVER CURE IN A BOTTLE

If dinner was accompanied by a glass (or three) of something red, you can say goodbye to a good night's rest. Alcohol

increases the dreaming phase of sleep (REM), which suppresses growth-factor hormones and triggers the inflammatory stress-hormone cortisol. In this instance, serums are your new best friend. Bioeffect EGF Serum is infused with epidermal growth factor (EGF), a protein that promotes the formation of new collagen and elastin fibers, while the antioxidant-rich formula helps calm inflammation. "Antioxidants work even harder at night when they're uninterrupted by damage from UV or pollution," says US dermatologist Dr Melanie Palm. Try Elizabeth Arden Prevage Anti-Aging Overnight Cream with cell-protecting idebenone.

## THE MORNING AFTER

When we skimp on rest, the sensitive eye area becomes puffy, which in turn leads to fine lines and wrinkles becoming more pronounced. Sisley Eye Contour Mask is a lightweight gel that can be applied during the day to soothe and hydrate. To conceal

already weary eyes, apply a matte formula like Hourglass Hidden Corrective Concealer followed by a highlighter such as YSL Touche Éclat. Apply to the inner corners and under the arch of the brow, but resist the temptation to go over dark circles - brightening formulas will only draw attention to puffiness.

## THE LIE IN

Make up for lost R&R time with an overnight mask such as Sarah Chapman Skinesis Overnight Facial. This serum/oil hybrid brightens and plumps skin with a potent blend of vitamin A and antioxidants, and letting it sink in overnight allows for maximum penetration and benefit. If there's no pause button in your life, a nightly layer of Dior Prestige Le Nectar De Nuit will help to decrease the inflammatory protein IL6, which studies show is three times greater in sleep-deprived skin\*. "The side of your face you sleep on is more prone to lines," says Dr Eckel, "so treat it to a double layer of serum."

### THE ESSENTIALS FAKE A FULL NIGHT'S SLEEP WITH THESE OVERNIGHT SKIN ESSENTIALS



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