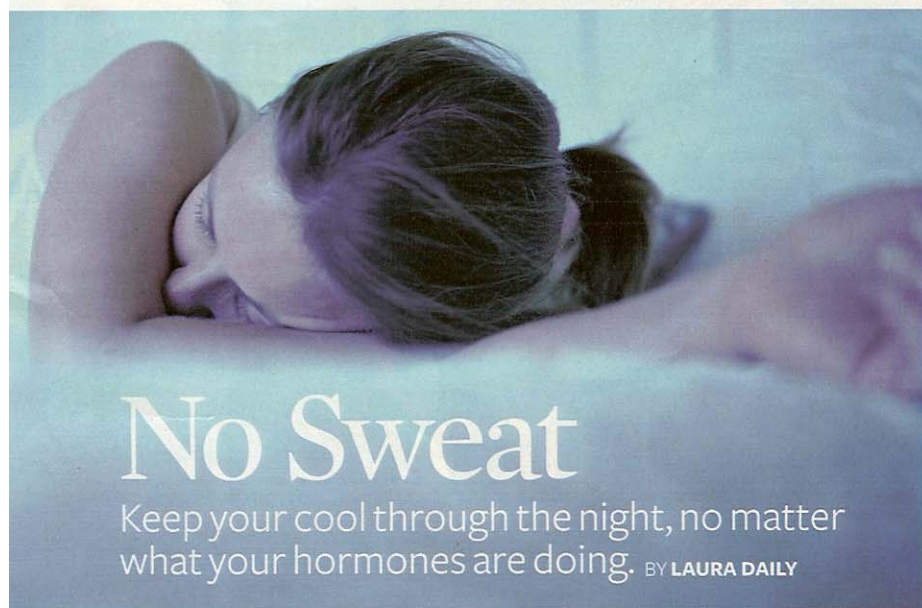


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No Sweat

Keep your cool through the night, no matter what your hormones are doing. BY LAURA DAILY

Night sweats—that annoying symptom that surfaces when your body begins its transition into menopause. As many as 90 percent of women will experience the nighttime equivalent of a hot flash at some point, robbing them of good sleep and even good humor. Here are some ways to turn down your overnight thermostat.

DOWN THE ROOM You've probably discovered that a temperature between 60 and 65 degrees is best for soothing night sweats. You've probably also discovered it's expensive to run central air that low. So take the advice of Phoenix resident Michelle Robson, who founded *EmpowHer.com*. She uses an air conditioner on wheels that she can roll into the bedroom. Models with 5,000 to 7,500 BTUs of cooling power are plenty for an average bedroom. Or consider installing a ceiling fan with a remote control that you can turn on and rev up as needed without leaving the

comfort of your bed. Find both of these items at most home improvement stores. So that your spouse doesn't become a human Popsicle, invest in a dual-control electric blanket that he can use to keep his side of the bed warmer (check out Sealy's line of dual-control electric blankets at JCPenney). Robson also suggests keeping a bottle of Gatorade or similar electrolyte-replenishing liquid at your bedside. Take five or six sips if you wake up to cool off and replace lost salts.

DOWN THE CLOTHES Wear loose fitting, breathable sleepwear. Many women swear by nightgowns and pajamas designed to help women through night sweats. The Cool Sets line (*coolsets.com*) is made of a synthetic satin-like microfiber with a wicking ability, pulling moisture away from the body. The KN Cool collection from Karen Neuburger (*karenneuburger.com*) has a 55/45 cotton/poly blend that weaves

multiple layers and fibers together for a breathable wicking product to maintain a comfortable body temperature. All are machine-washable.

DOWN THE SHEETS Buy bedding that, like the sleepwear, is designed to keep you cool. Wildbleu Bedding and Sleepwear (*wildbleu.com*) has sheet sets with a fabric that takes moisture away from the skin and onto the sheet surface where it evaporates quickly.

DOWN YOUR FOOD Night sweats can be triggered by certain foods. The usual—but not only—suspects: hot beverages, caffeine, spicy food, nicotine, alcoholic beverages. If you've had a particularly bad night, trace back what you ate the night before and try avoiding it in the evenings for a while to see if your night sweats diminish.

DOWN WITH HERBS Dr. Mary Jane Minkin, a clinical professor of obstetrics and gynecology at Yale University School of Medicine and author of *A Woman's Guide to Menopause and Perimenopause*, is a proponent of the herbal remedy black cohosh (one good brand is Remifemin; ask your pharmacist for others if it's unavailable). Black cohosh is sold over the counter at most major pharmacies and health food stores. Dr. Minkin suggests trying 20 milligrams twice a day. "Out of all the herbals, black cohosh has a good track record thanks to German scientists who have researched the product for 50 years," she says.