

ENDLESS BEAUTY

A Fresh Look at Beauty

Get Your Best Beauty Sleep

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Beauty sleep is so important because during sleep is when your body, mind and skin are rejuvenated. We asked [Dr. Rebecca Baxt MD, board-certified Dermatologist at Baxt CosMedical](#), how to get the best beauty sleep to [help improve skin](#).



Temperature

Cooler temperatures are better than warmer temperatures when it comes to skin. “It is always better to sleep in an environment with cooler temperatures,” says Dr. Baxt. “Overheated rooms dry out the skin. Heat may also cause sweating at night, which may cause or worsen acne breakouts or eczema, in the case of dry heat.”

Sheets

The best sheets for [beauty sleep](#) are cotton, silk or satin sheets. “Cotton sheets and pillowcases with a high thread count are smooth and healthy for most skin types,” explains Dr. Baxt. “People with very sensitive skin might prefer silk/satin sheets which are even softer.” Using silk and satin sheets can prevent crease marks on the skin. Silk is great when wearing face creams because it does not retain moisture and will not remove night creams.

Reduce Dandruff

Dr. Baxt recommends avoiding oils on the scalp at night if you have [dandruff](#) or acne because the oil will drip on the skin and make your acne worse. “It is important to note that dandruff gets worse from reduced washing and over conditioning. The best solution is over-the-counter shampoos like Head& Shoulders, Selsun Blue and Nizoral. Be sure to shampoo every day, rotating the shampoos brand, and only use conditioner on your ends. If severe, prescriptions may be required,” says Dr. Baxt. In addition, if you have acne, you should keep the hair off of the face with a hair tie, but don’t tie it too tightly because this may cause gradual hair loss.