

Dermatologist Provides Tips to Improve Beauty Sleep

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(HealthNewsDigest.com) - After a long day of work, school or taking care of the kids, all women have one desired luxury in common — a daily dose of beauty sleep. A time to rest your body, mind and skin. But in order for a good nights rest to work wonders on your skin, it must be done right. New York City and New Jersey-based Dermatologist Dr. Rebecca Baxt provides tips to improve your skin when hitting the sack for a night of blissful sleep.

Hot vs. Cold

Some love to snuggle under a warm blanket in the cold, while others prefer to sleep in the heat. What is better for your skin? “It is always better to sleep in an environment with cooler temperatures,” clarifies 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.”

Sheet Wars

Ever wonder if your sheets are skin-approved? What sheets work best with your skin? “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.” Silk and satin are both smooth and tend to prevent crease marks that may appear on your skin with other types of fabric. Silk, in particular, does not retain moisture and will not remove any face creams applied prior to sleep.

Skin Matters

Always take your skin type into account when purchasing nighttime products. The idea that everyone needs a night cream is a myth. “If your skin is very oily, you don’t need a night cream on top of your natural oils,” says Dr. Baxt. “If you have dry skin, then the heaviest moisturizer you can tolerate will help your skin appear glowing instead of dry in the morning.” Work at improving your skin’s overall look. “If you have acne, apply acne treatment/creams at night to help your skin. Want your skin to reverse signs of aging? Use products with retinol/retina, glycolic acid or vitamin C to help.”

Flaky Visitors

Healthy glowing skin deserves a healthy scalp. Waking up to flake-filled sheets in the morning leads many to less showers and use of more conditioner. “This condition is seborrheic dermatitis, otherwise known as dandruff,” states Dr. Baxt. “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 everyday, rotating the shampoos brand, and only use conditioner on your ends. If severe, prescriptions may be required.” Avoid using oils in your hair at night if you have dandruff or acne. If you are prone to acne scalp oil will drip onto your skin and worsen your acne. It can even cause acne denovo. For individual that are prone to acne, I recommend keeping the hair off the face/back when sleeping by tying your hair back loosely. Tightly tying the hair constantly may cause problems like traction alopecia, which is a scarring hair loss caused by constant pulling of hair.

About Rebecca Baxt, M.D.

Rebecca Baxt, MD, MBA, FAAD is a Board Certified Dermatologist specializing in both cosmetic and general dermatology for adults and children. Attending Ivy League University of Pennsylvania, Dr. Baxt graduated Summa Cum Laude Phi Beta Kappa with a degree in English Literature. She continued her studies at the University of Pennsylvania for medical school and completed an internship in Internal Medicine. She also obtained an MBA from the Wharton School of Management in Health Care administration.

Upon graduation, she moved to New York to train in Dermatology at New York University (NYU) School of Medicine in the Ronald O. Perleman Department of Dermatology, where she was a chief resident and the recipient of the Morris Leider award for excellence in patient care. She continues to teach Dermatology at NYU where she is an Assistant Professor of Clinical Dermatology. She joined her parents at Baxt Cosmedical in 2000 in Paramus, New Jersey. Dr. Baxt is on staff at The Valley Hospital in Ridgewood NJ, as well as Bellevue Hospital in NY. She also volunteers at Bergen Volunteer Medical Initiative in Hackensack in the Dermatology clinic.

Dr. Rebecca Baxt maintains many society affiliations. She is a fellow of the American Academy of Dermatology, a member of the American Society for Dermatologic Surgery, New Jersey State Medical Society, Bergen County Medical Society, and the Dermatological Society of Greater New York, as well as the American Medical Association. She is a member of the Skin Cancer Foundation, and always volunteers free skin cancer screenings yearly.

Dr. Rebecca Baxt treats both adults and children, and specializes in cosmetic consultations and procedures. She also has a particular interest in acne and rosacea. She performs Botox injections, Chemical peels, Intense Pulsed Light Photorejuvenation/Photofacial procedures, Isolaz Acne Treatments, Laser Hair Removal, Facial Filler injectables (Juvederm, Restylane, Perlane, Sculptra, etc.), Leg Vein injections, Smoothbeam Laser, Photodynamic Therapy, Vbeam Laser and Fraxel Laser resurfacing. She treats all skin conditions and she performs Skin Cancer screenings and treatments. Dr. Baxt currently resides in New Jersey with her husband and three children.

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