

# Health

Health  
BEAUTY AWARD  
WINNERS  
2018

## EMBRACE YOUR BEAUTY

BRILLIANT  
TRICKS FOR  
SKIN THAT  
GLOWS

BOOST YOUR  
CONFIDENCE  
WITH ONE  
EASY CLICK

## SOFIA BARES (ALMOST!) ALL

The *Modern Family*  
actress opens up  
about self-care,  
success, and family

DINNER,  
DONE!  
SHEET-PAN  
SUPPERS  
THAT SATISFY



# Trending ▶



## Score a Better Night's Sleep

We all have those nights. You know, the ones where you stare at the ceiling willing yourself to fall asleep. And, of course, knowing the importance of clocking eight-ish hours can up your anxiety levels like crazy. There are loads of natural sleep aids to help you snooze more easily, you just have to pick the one that's right for you. 1. HUM Nutrition Beauty zzzZz Sleep (\$10; [sephora.com](http://sephora.com)) is a vegetarian tablet that contains 3 milligrams of relaxing melatonin. 2. Then, there's The Beauty Chef Sleep Inner Beauty Powder (\$60; [sephora.com](http://sephora.com)), a probiotic powder that contains calming lemon balm you mix into warm milk and drink an hour before bedtime. 3. Another easy powder option? Care/of Quick Sticks in Dream Team (\$5 for 5 sticks; [takecareof.com](http://takecareof.com)), which you just shake into your mouth. 4. Finally, there's Olly Restful Sleep Gummy Vitamins (\$13 for 50; [target.com](http://target.com))—they contain L-Theanine, an amino acid that helps calm your mind.