

THEY  
WANT  
YOU!

Inside the Military's Campaign to Recruit Women

# CHATELAIN

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## Holiday Treats

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+  
Sleep  
Tricks  
That  
Work

Dressy  
Denim  
Eat, Drink  
& Be Comfy



# New tech for old problems

*These cutting-edge gadgets could be the answer for what's keeping you up*

## 1. ACHING BODY?

The infrared print on the inside of these pyjamas (which are infused with a bioceramic mineral) is meant to absorb your body heat and emit energy to help with muscle recovery. *Under Armour Recovery Sleepwear Shirt, \$115, ua.ca.*

## 2. SNORING PARTNER?

Once this Toronto-designed pillow insert detects the sound of snoring, it inflates and deflates instantly, gently shifting the guilty party's sleeping position and airway to make the noise stop. That's quite a relationship saver. *Nora Sleeping Solution, \$299, smartnora.com.*

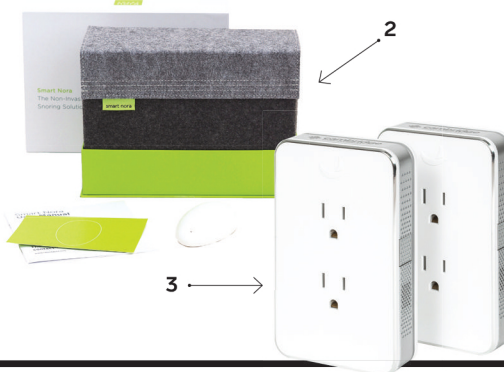
## 3. NOISY NEIGHBOURS?

This two-piece mobile sleep system plugs into the wall and is controlled through your smartphone or computer. Enter details about your bedroom — whether it's carpeted, for example, or street-facing — and the system customizes



a "sound blanket" based on your room's acoustics. Having the two units face each other creates a stereo effect that's effective at blocking out bothersome noise.

*Nightingale Sound Sleep System, \$305, meetnightingale.com.*



➤ **Somniloquy:** Better known as sleep-talking, it's a sleep disorder, but treatment is needed only if there's an underlying issue or it causes embarrassment.



## MIND GAMES

### Tricks to help you nod off



#### Virtual tidying

Close your eyes and straighten your bedroom in your mind. Then do the living room and the kitchen. This "boring task," says Colin Shapiro, director of the Sleep and Alertness Clinic in Toronto, keeps you from worrying about work or bills.



#### Spelling zzzs

Think of a word with no repeating letters, like *piano*. Then think of as many words as possible that begin with P. Move on to I, then A — most people fall asleep after the first letter, long before they get to O, says Luc Beaudoin, cognitive science researcher at Simon Fraser University in B.C.



#### Deep dive

Focus on releasing the tension in your toes, then move to your ankle, calf, knee, thigh and hip. Then do your fingers, palms, wrists and shoulders. The idea is to help your body fall into a deep relaxation.



## Round the clock

Breaking down Statistics Canada's latest study on the quality of our sleep

**7.24**

Average hours of sleep per night logged by Canadian women aged 18 to 64.

**14.4**

Fewer average minutes of sleep that men get every night.

**55**

Percentage of women who have trouble falling or staying asleep.

**43**

Percentage of men who report the same.