

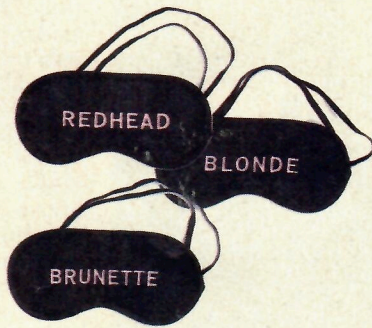
DESIGN & DÉCOR

sweet dreams

OUR EDITORS' TOP PICKS FOR THE BEST NIGHT'S SLEEP

MASK IT

From our friends at Brunette, plush embroidered sleep masks (\$22 each) that echo the brand's classic hair-colour-labelled apparel block out light to ensure you get high-quality shut-eye. 231 Union St., 604-428-4094. Brunettethelabel.com



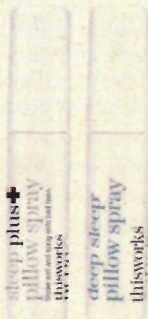
PJ PARTY

Reminiscent of your dad's pyjamas (but so not!), this pairing of Paper Label's Emma sleep pant and Liz sleep shirt (\$174 for the set at Diane's Lingerie) is hit-the-hay perfect. 2950 Granville St., 604-738-5121. Dianeslingerie.com



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BEAUTY SLEEP

We've all heard of getting our beauty sleep, right? Now, one brand is taking that concept to the next level with its line of products that simultaneously promote better skin and more-restful zzzs. Recently available in Canada (at Sephora), This Works offers a range of overnight face and body moisturizers, eye creams, night masks and hair elixirs—plus award-winning pillow sprays and roll-ons—that include powerful skin beautifiers (think amino acids, retinol and hyaluronic acid) along with naturally sleep-inducing ingredients like calming lavender, stress-busting vetivert and soothing chamomile. Because younger-looking and resilient skin really does start with a good night's sleep. 1045 Robson St., 604-681-9704. Sephora.com



PILLOW TALK

Seen tucked under the flawless arms of Gisele Bündchen on a few airport sightings, Shhh pillow cases are made from pure mulberry silk. Naturally hypoallergenic, the fabric absorbs sweat, stops odour and hydrates your skin. Plus, at \$193 for a set of two, these pillow cases (which you can even have personalized with a monogram) promise to leave your complexion crease- and your hair frizz-free. (Do they also promise perfectly tousled tresses like Gisele's?) Shhhsilk.com