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# SHAPE

SHAPE  
YOUR  
LIFE

**FLAT  
ABS  
WITHOUT  
CRUNCHES**  
p.198

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May 2009



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pounds" p.65

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# shape your home

Houston. "Although manufacturers may offer a 20-year warranty, mattresses are a lot like sneakers: They start to wear out long before they actually fall apart. Expect yours to last about eight to 10 years."

There's no hard-and-fast rule about which type of mattress is right for your back, so use the time-tested trial and error method in the store: Lie down and roll around on every one. "It's not a complicated science. You just don't want one that's too firm or too soft," says *Shape* advisory board member Nadya Swedan, M.D., a physical rehabilitation specialist in New York City. "Look for a mattress that keeps your back supported so it's not



firm—and the definitions vary by manufacturer—shop at a store with a large selection and test as many as you can.

**2 Luxuriate in your linens** "Soft bedding helps create a soothing sleep environment," says Andrew Suvalsky, an interior designer in New York City. His eco-friendly pick: the *Company Store* bamboo and cotton 300-thread-count bedding (from \$24; [thecompanystore.com](http://thecompanystore.com)), left. The sheets feel silky smooth and the pastel colors are calming. Aah...

**3 Keep it dim** "Your body needs to be in the dark to produce melatonin, the hormone that helps you fall, and stay, asleep," says Breus. Ease into it by lowering the lights an hour before bed, if you can. Either replace your reading lamp bulb with one that's 40 watts or install a dimmer switch. If you're a read-till-you-nod-off type, check out the *LightWedge* Original book light (\$35; [biggerandbrighter.com](http://biggerandbrighter.com)), top right.

It illuminates pages without affecting melatonin production.

If your windows let in a Vegas Strip amount of light, blackout shades, which have opaque backing, are the best way to create total darkness. Suvalsky recommends *Smith + Noble* customizable roller shades with blackout fabric (from \$42; [smithandnoble.com](http://smithandnoble.com)) because they come in more than 50 colors and patterns to work with any décor. (Prevent light from peeking out between the shade and window by choosing the reverse-roll option when you order.) A less expensive alternative is an eye mask. The *Dream Essentials* Escape Sleep mask (\$25; [dreamessentials.com](http://dreamessentials.com)), above, blocks all light.

## 4 Dress for bed

While you may prefer to wear flannel pants and a sweatshirt—or nothing at all—to bed, your wardrobe can affect your slumber, especially if it's making you

uncomfortable. It's hard to go wrong with silk, though. Besides feeling decadent, this practical fabric "keeps you warmer in winter and cooler in summer, plus it's less likely to harbor pet dander and dust mites than cotton is," says Hirshkowitz. We like the silk pajamas from



Read in bed with the *LightWedge* and your partner will never know

*Shanghai Tang* (\$385; [shanghaitang.com](http://shanghaitang.com)), below, because they move with you as you toss and turn.

## 5 Strike the right chord

Sixty-seven percent of women say they have problems snoozing at least a few nights a week, according to results from a survey conducted last year



If you sweat at night, opt for fast-drying bamboo sheets

overarched or sagging into the padding."

Finally, because there's a wide variety of comfort levels ranging from plush to pillow-top to cushion-



You'll want to spend all day in these *Eight Fairies* PJs from *Shanghai Tang*