

No-sweat nights

Looking for improved performance in the bedroom? You'll find it in PJs designed to combat menopause's hot, drenching night sweats. Super-absorbent fabrics wick moisture away 30% faster than traditional nightwear, and dry twice as fast as cotton. Results: No more soaked nighties and better sleep.

"When the alarm clock goes off, my hair may be soaked, but my body's cool and dry," says the *Prevention* editor who put two styles to the test for us.

The two-piece set pictured, \$98, is by Wicking J. Sleepwear (toll-free 866-674-0309). For cold winter nights, try Menowear's long underwear-style set, \$90 (toll-free 866-929-6366). Find both via www.prevention.com/links. —Toby Hanlon



Comfy,
and ruffles
too