

# Gift guide *Slumber party*

It would be awesome if you could give someone the gift of eight solid hours a night, but these sleep-inducing alternatives are the next best thing for your zzz-deprived pals. **By Danielle Braff** Photographs by **Donna Rickles**



▲ **Cold sweat**

We're always freezing when we climb into bed, but we wake up in the middle of the night dripping with sweat. Enter Sharper Image's genius **Ultima Warm & Cool Pillow**. One side is made out of satin, a material that's cool to the touch, for the hot nights, and the other side is made out of microfiber to keep you warm and cuddly when it's cold. \$79.95 at [sharperimage.com](http://sharperimage.com).



◀ **Spreadable treat**

You can't swallow this **Body Butter**, but your skin can still eat up its nutrients. Rub the soft, 100 percent natural botanical butter on after a bath or shower, and it will melt all over you. Hit the pillow after soaking up the lavender scent. Bonus: your sheets will smell delicious. \$22 at [Spa Space](http://Spa Space), 161 N Canal St (312-466-9585, [spaspace.com](http://spaspace.com)).

◀ **Creature comfort**

Even Fido and Fluffy deserve a good night's sleep. This soft, cheerfully-hued **pet bed** is made from recycled materials, and the entire thing can be thrown into the washing machine to give you the gift of a clean home. \$79.99 at [Sit! Pet Boutique and Grooming Salon](http://Sit! Pet Boutique and Grooming Salon), 2316 W Leland Ave (773-989-1202, [sitichicago.com](http://sitichicago.com)).



◀ **Pleasant dreams**

Getting to sleep may be as easy as applying a drop of this **anti-insomnia oil** to each of your pressure points before bed. A soothing combo of organic herbs—including chamomile and sandalwood—helps you fall asleep, and stay asleep. The mixture of New Age and Eastern medicine put our stressed-out brain to bed for nine uninterrupted hours. \$20 at [exhale](http://exhale), 945 N State St (312-753-6500, [exhalespa.com](http://exhalespa.com)).

▶ **Clean dreams**

All you need is a little water to stimulate these tablets. When you dampen the **Show Fizzer** (\$6) and put it on the shower floor, the lavender steam from the cube rises into your nose and works its aromatherapy magic. Or, pop **Go to Sleep** (\$7) in the bathtub for a burst of essential lavender oils that should make you feel drowsy. Available at [joyofsleep.com](http://joyofsleep.com).



Chill Out

Yes, it worked!

## Road test



**The challenge** Travel from Chicago to San Francisco without feeling fazed by the lengthy trip by using **FlyRight**, a preventative herbal solution that claims to “boost immunity, improve energy and prevent jet lag.”

**How it worked** I've been bedridden with flulike viruses after past flights to San Francisco, so this time, I was hoping to improve my luck. The mediciney-tasting liquid is a mix of herbs that are familiar (gingko, chrysanthemum) and scary-sounding (eleutherococcus, ganoderma). But I choked down the recommended dosage—one teaspoonful added to a small amount of water three times daily on the day before and after the flight, and a teaspoon every hour the day of the flight. Then I kept my fingers crossed and waited.

**The results** The plane was packed, there were the requisite coughers and sniffers on board and we had several in-flight delays that prolonged the trip. When I arrived in San Francisco it was cold and rainy—catch-a-cold weather. That evening my throat felt scratchy, a telltale sign I would have a full-blown cold by the next morning, but I laid low and kept taking the stuff. By the middle of the next day, I was surprised to find that I was back to feeling like myself and stayed healthy for my entire visit. On day three, I even posted my fastest time ever during a half-marathon—the reason for my trip. But I didn't use FlyRight on my return flight, and wound up losing my voice for five days. That's the price I paid for being cocky.

**Get it** Available at [jetlagformula.com](http://jetlagformula.com), \$19.95 for a 2oz bottle (enough for one round-trip domestic flight).—*Judy Sutton Taylor*