

OCTOBER 2018

House Beautiful

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Sleep on It

Have a strained relationship with your alarm clock? You're not alone: According to the CDC, one in three Americans doesn't get enough sleep. Dr. Shelby Harris, a clinical psychologist specializing in sleep, breaks down why getting more shut-eye might be the best thing you do all day.

SLEEP SMART

"Sleep hygiene" is the idea that good practices in the bedroom lead to better sleep. "You need to have a clean bedroom, a space that's inviting and makes you say, 'I want to go to sleep here,'" says Harris, who sets the thermostat to the upper 60s to help make her space "like a cave: dark, quiet, cool." Keep to the same schedule every day of the week, even if it's different from your partner's (eye masks, silicone earplugs, and vibrating alarm clocks can help). And use the bed only for sleep and intimacy, so they're the things your bedroom brings to mind.

GET YOUR WINKS

"More quality time between the sheets can maximize your time out of bed," Harris says, especially if you have weight and fitness goals in mind. "If you don't get enough sleep, you're not getting the full benefits of the exercise. That lack of shut-eye can make you irritable and clumsy—and tired people tend to seek out foods with high fat and sugar. Sleep is the piece that's often left out and helps everything else work better."

FIND YOUR NUMBER

Seventy-five percent of people need between six and eight hours of sleep to feel rested, but your precise needs are unique, Harris says. "The best way to figure out your magic number is to go on vacation and track your sleep every night to see what feels natural," she says. "If you stick to that schedule at home and still feel groggy, it's time to see a sleep specialist."



The BainUltra Amma bathtub.

The Healing Bath

You don't have to be a bath person to enjoy the restorative therapies that over-the-top tubs offer these days. BainUltra and MTI are two companies that sell an arsenal of souped-up bathtubs built to relax both mind and body. With products that feature chroma-, aroma-, audio-, and hydrothermal therapy—the closest water treatment to a hands-on massage—you might become a bath person after all. MTI even offers a combination stream-and-air bathtub, so depending on your mood, you can feel like you're relaxing

in a stream (a great 15-minute getaway for the time-crunched!) or being perked up by an invigorating massage with millions of tiny bubbles (mtibaths.com). Are you a gym rat? BainUltra recommends a hot bath with its thermal therapy and heated backrest to loosen tight muscles and improve circulation (bainultra.com). And Toto, known for its posh toilets, now has a zero-gravity flotation tub that mimics the weightlessness of an astronaut, releasing stress on joints and encouraging relaxation (totousa.com).

Cuddle Up

"The bedroom is a mirror of your state of mind," says noted relationship expert Suzannah Galland. What story does yours tell? Is it open, with plenty of room for a partner? Are the sheets worn out and tired? "The bedroom is a very powerful spot," she says. For a fresh start, toss anything with less-than-positive associations. Then, add opportunities to foster connection, like a pair of chairs in a conversation nook or a daybed for lounging. And clear out fussy items—too many pillows can keep your partner from feeling comfortable or spontaneous. Downsizing from a king to a queen mattress may also help: "It encourages physical connection through touch and body language," Galland says.

Down Time

Need a massage but can't get out for one? The Zeel app brings a therapist directly to your door. To get your house *ahhhh*-ready, clear out a space about the size of a twin bed for a massage table—it could even be outdoors. Make sure the room has no distractions, then put on a plush robe and slippers and add some spa products to set the mood. "Dim the lights, light candles, and play music," says Cynthia Irons, chief marketing officer of Zeel. "Afterward, there's no need to break your feeling of Zen to face stressful traffic." zeel.com

Personal Training

Trade in the commute to the gym for the room right next door. Getting a full-body workout at home used to require a dedicated space for bulky exercise equipment (or worse, putting a treadmill in your bedroom) and a ton of self-driven motivation. Two new products combine the studio experience—a trainer to push you and show you how to do it correctly—with a connected fitness system that will keep you in shape and keep your room looking like, well, a room!



Tonal combines digitized weights with digital resistance, adapting the intensity to what you need with a tap of the screen. Sensors can even detect that you're struggling to complete the move and "spot" you automatically by adjusting your resistance mid-*rep*, so you can finish your set—and maybe do another! tonal.com



A sleek, frameless mirror transforms into an immersive video exercise experience with a broad variety of on-demand classes, including cardio, strength training, and yoga. The responsive display allows users to set personalized goals and input their biometric data. Just add a yoga mat! getthemirror.com