

Slip into something cool at bedtime

For many women, night sweats — often associated with pregnancy, menopause, medications or obesity — can cause discomfort and loss of sleep. Enter Atlantan Lesley Hatfield, an exercise physiologist and personal trainer who designed NiteSweatz. This sleepwear is made from Intera, a lightweight fabric that pulls moisture away from the body so it can evaporate faster. Items in the cool collection, which range from \$56 to \$155, include a tank gown, slip nightie, yoga pants, camisole and kimono, a bed jacket and nightshirt, plus a pillowcase. Colors are pretty and pastel: green, pink, yellow and blue. Available at Intimacy in Phipps Plaza, the Chandlery in Roswell and Phine and Whimsey in Duluth; or online at: www.nitesweatz.com.

— Marilyn Johnson

