

# Health

Looks good on you

## You Can Love Your Body

Find out how on page 138

## Diet Myths, Busted

Test your food IQ

## Fake Tanners That Really Work

## Is Your Home Summer-Safe?

10 simple solutions for bugs, baths, and more

### Fashion Rx

#### Stay-cool sleepwear

Ever wake up in the middle of a hot summer night drenched in sweat? Pajama makers have solved the sticky situation with fabrics designed to wick away wetness while you sleep. We sent a few choices out to sweaty sleepers for a test drive.

NiteSweatz sleepwear (\$60–100; [www.nitesweatz.com](http://www.nitesweatz.com)), made from NiteSweatz' patented material, also passed our perspiration test. "I was skeptical at first," says a tester who blames her sweaty nights on PMS. "But these pajamas kept me cool and dry till morning."

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Flavor

Feeling

Moving

Living

Looks