



Just for Moms: Your Daily Indulgence

iVillage

Your Daily Indulgence for Tuesday, December 12, 2006

Pajama-Rama

Thanksgiving was more than two weeks ago, and you're still exhausted -- and still suffering from tryptophan-induced fatigue. You've only got one [holiday](#) down and what feels like 5,439 more holidays to go, but let's not kid ourselves: You aren't quite ready.

So, set aside the dreidel-painting project, put away those Christmas cards and slip into something a little more comfortable.

Your pajamas.

Don't get the wrong impression: We don't expect nor approve of you putting on a frumpy ankle-length housecoat and holey socks and tying your hair back with your daughter's hot magenta scrunchie. Puh-lease. (But, uh, if you actually do own a housecoat, you should probably just get rid of it. You won't need it after this [daily indulgence](#)...)

PJs during the day are no longer unacceptable, and [NiteSweatz](#) -- a way-too-stylish-to-be-sleepwear line made for women by a woman -- offers something your standard cotton cuddlies don't. It uses a moisture-wicking technology found in fitness clothing coupled with a silky blend of nylon and Lycra to ward off unwanted perspiration while you sleep. So, it's perfect for women going through life-changing conditions such as menopause, and it's great to use during maternity and pregnancy, as well as for those who toss and turn from night sweats caused by ever-changing room temperatures, warm weather, obesity, medications or even treatments related to cancer.

Their [sleepwear](#) -- which includes yoga pants, wrap kimono tops, bedjackets and camis -- is good enough to daydream in. NiteSweatz even offers a daytime line of clothes, Inside Out Collection, made of the same sweat-stopping stuff, so you can go from sleeping to lounging to working to lounging to sleeping (although a shower is recommended at some point).

Today, relax. Wear your pajamas all day. Don't sweat it.

Know a mom who could use a day in her PJs? Forward this. Got more great ideas for indulging by way of bed wear? [Share them!](#)

Enjoy!

[Kate Schweitzer](#)

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