

## How an Eye Mask Help You to Sleep Better

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Allergies, weather, too little sleep, too many happy hour cocktails; just one thing gone wrong can leave your eyes out of sorts. Whether you're dealing with puffiness or dehydration, fine lines or dark circles, these masks are exactly what you need for brighter, smoother, more refreshed eyes.



Many of us do not get the recommended sleep each night. Lacking sleep can not only effect our bodies – making us sluggish, but it also effects the way our brain functions, slowing down our productivity at work and even diminishing our decision-making skills.

Eye masks, also known as sleep masks, are an affordable, natural way to help us get to sleep faster ... and stay asleep. They are typically made from fabric that is intended to cover both eyes, keeping all incoming light away from your eyes and to help induce a state of pure darkness. Eye masks have a comfortable, elasticated strap that holds the sleeping face mask in place and blocks unwanted light from your eyes.

Does an eye mask actually help you sleep better?

Eye masks are one of the best tools that can be used to overcome sleep problems and obtain restful relaxing sleep.

Many products have been developed over the years to assist people with sleep related problems and to help them regain the ability to fall and stay asleep. Eye masks tend to be one of the simplest and most effective of these solutions.

When your brain senses pure darkness, it causes the production of melatonin, the chemical of sleep. To help induce this state, you can also use earplugs. When you block out both noise and light, your chances of falling asleep are improved. People who sleep regularly during the day, such as nurses or other shift workers can benefit greatly by using them.

What is the best eye mask for sleeping?

Deciding on the right eye masks for sleeping is a problem shared by many people. It can be very confusing when looking through all the various choices. The best way to narrow down your choice, is to decide what your primary use for the mask will be. An eye mask can be used at home or while traveling, It can be used to make you feel at ease while trying to sleep in a place other than where you are used to sleeping, like a hotel or hospital. People who work the night shift can use a eye mask to help sleep during daylight hours. Others use a mask to help with relaxation and stress relief.

Below we have highlighted just a few of the most popular eye masks we have at Dream Essentials. You will see from the reviews, each of these masks at loved by our customers.

The most popular eye mask at Dream Essentials is the Escape Luxury Sleep Mask. It comes with a free set of earplugs, perfect for reaching that ultimate state of sleep. It is made with natural, fully breathable 100% cotton for extreme comfort. This eye mask for sleeping has eye cavities on the inside, so the mask does not touch your eyes. It provides 100% light blocking, which makes it a great choice for those who need to sleep during the day. Travelers love this mask, because the free carrying pouch makes it easy to grab and throw in luggage, a briefcase or purse.

**TM**

The Sweet Dreams Sleep Mask is a stylish and slim-lined eye mask that is contoured to provide full comfort and supreme light blocking. The contoured design keeps the mask away from the eyes, leaving your eyes pressure-free. This eye mask is so lightweight, you will hardly notice it on your face!

**TM**

The Sweet Dreams Sleep Mask is very flexible. It conveniently folds up into the

complimentary carrying pouch – perfect to bring with you anywhere. This mask also comes with a set of soft foam ear plugs. At a very affordable price, the benefits of sleep masks are hard to pass up.

[Read more](#)

Spending a long, lazy Sunday indoors? An at-home spa session is never a bad idea, and eye masks are top of the list thanks to the fact you can do pretty much anything else whilst wearing them. Read a magazine, watch Netflix, bake cookies, browse Instagram... all whilst brightening up your under-eye area, reducing puffiness and acting on fine lines and wrinkles. Multi-tasking at its best.



From purplish-brown acne scars to whiteheads to red splotchiness to bluish-grey under-eye circles, if it wasn't, you know, my actual face, I might appreciate my Monet-like mosaic complexion. But alas, it's safe to say that my skin is regularly in need of improvement. And while the cosmetic chemists who concocted my Nars concealer might as well be gods in my book, makeup is (and always has been) a temporary fix for covering up acne-ridden or dull, tired skin. It's when I wash off my layers of foundation, blush, bronzer, and concealer at the end of the day that the extent of my exhaustion reveals itself. While I've tried sheet masks and multi-step

Korean skin-care regimens to some degree of success (even if it was momentary), they've done little to detract from my puffy, dark eyes. So when I gained wind of under-eye pads, which are pegged as essentially sheet masks for the eye area, I was intrigued.

"Under-eye pads are designed to help with the most common under-eye problems, like dark circles, puffiness, and wrinkles," explains Suzanne J. Friedler, M.D., of Advanced Dermatology PC. "By placing them directly on the under-eye area, they help to cool the skin and reduce inflammation. The goal is to counteract the effects of sun, poor sleep, inadequate makeup removal, as well as dry, irritated, aging skin."

Irritated? Check. Too much sun exposure? Check. Poor sleep? Check, check, check. As a near-perfect case for someone who might benefit from wearing under-eye pads, I opted to try three of the most popular brands over the course of a week (with two days in between each test), with guidance from top dermatologists and skin-care experts. And while I saw dramatic, instantaneous results from all three, I quickly learned that the pads weren't a cure-all solution. After surveying my dry, splotchy complexion in the mirror the night of my first test, I couldn't wait to crack open my package of KLORANE Smoothing and Relaxing Patches with Cornflower (\$24 for seven pairs, sephora.com). But while the product has received a slew of rave reviews, I was skeptical. Cornflower extract? That's one moisturizing ingredient I wasn't familiar with (even as a beauty writer).

"Cornflower extract is known to have anti-inflammatory properties," explains Gary Goldenberg, M.D., of Goldenberg Dermatology in NYC. "It's rich in polyphenols, specifically flavonoids and anthocyanins, which gives it antioxidant properties. Cornflower is also known to act as an astringent, which helps to decrease oil production."

The process for sporting the pads, not surprisingly, mimicked that of sheet masks—you wear them for a suggested duration of time (20 minutes for KLORANE's cornflower pads) and remove. But unlike my experience with sheet masks, the process was far more enjoyable. I've worn one or two sheet masks in the past that have either obstructed my mouth (or more seriously, my wine-drinking ability) or dripped onto my clothing. With KLORANE's under-eye pads, the sensation resembled pressing a cool washcloth against my face.

The results were dramatic. Although my previous puffiness remained, the dark circles and slight irritation had vanished. I also noticed that the tiny fine lines around my eyes (which often get more pronounced as I grow tired) had minimized. Upon waking up the next morning, however, those instantaneous results had vanished.

[See full article](#)

Recommended resources:

- [7 best under-eye masks](#)
- [10 best sleep masks](#)
- [Smart Eye Mask Could Be The Answer To Your Sleep Problems](#)

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