



DOES SLEEP ACTUALLY MAKE YOU MORE BEAUTIFUL?

Yes.

And is it important to look your best? The world-famous Billy Crystal explains his point of view on the subject in his hilarious 1985 music video, [You Look Marvelous](#).

What Is Beauty Sleep

"Beauty sleep" is a term often used to refer to the rejuvenating effects that adequate sleep can have on our physical appearance. While it might sound like a myth or an old wives' tale, numerous scientific studies and doctors' advice lend credence to the concept.

Firstly, sleep plays a crucial role in the body's regenerative processes. During deep sleep, the body enters a state of repair, producing new cells, repairing damaged tissues, and facilitating protein synthesis. This regeneration is vital for maintaining healthy skin and a youthful appearance.

A 2013 study by University Hospitals Case Medical Center revealed that poor sleepers had increased signs of skin aging, including fine lines, uneven pigmentation, and reduced skin elasticity. They also recovered less efficiently from environmental stressors like sun and pollution.

Sleep deprivation can also affect the body's hydration balance, leading to puffy eyes and dry skin. Cortisol levels, which are elevated when we are sleep-deprived, can cause inflammation in the body, potentially leading to skin conditions such as acne and psoriasis. Skin care is a multi-billion dollar industry, in part, because of this.

Additionally, sleep has a significant impact on our mental well-being. A well-rested person is more likely to have a better mood and energy, which can enhance one's perceived attractiveness.

Moreover, during sleep, the body produces human growth hormone (HGH), often referred to as the "youth hormone," which helps maintain skin thickness and elasticity and lessens the appearance of wrinkles.

What Science Says About Beauty Sleep

While "beauty sleep" may not be the official subject of many scientific studies, various research has been conducted on the impact of sleep on skin health, skin tone, aging, and overall appearance. Here are a few:

University Hospitals Case Medical Center (2013): [This study](#), in collaboration with Estée Lauder, demonstrated that poor quality sleep could accelerate signs of skin aging, such as wrinkles, age spots, and reduced elasticity. The study also showed that those who enjoyed quality sleep recovered more efficiently from stressors to the skin.



[Researchers in Sweden](#) found that sleep-deprived individuals were perceived as having more hanging eyelids, redder eyes, more swollen eyes, darker circles under the eyes, paler skin, more wrinkles/fine lines, and more droopy corners of the mouth.

[University of California, Berkeley](#) (2013): Researchers used MRI scans to show that sleep-deprived brains were more likely to categorize neutral images as "negative," suggesting that lack of sleep can increase feelings of fear or sadness, potentially affecting one's perceived attractiveness. In another study, researchers were able to link sleep deprivation to junk food cravings. (And speaking from personal experience, the more junk food I eat, the plumper I look.)

[The University of St Andrews](#) researcher found, "The faces of people who are sleep deprived are perceived by others as look paler, less healthy and less attractive compared to when well rested."

These studies underscore the importance of sleep for both health and beauty, highlighting the fact that maintaining a regular sleep routine is crucial for our physical appearance as well as our overall well-being.

Poor Sleep and Stress

The signs of increased stress on your mind and body can vary. Some people experience hair loss, while others experience [poor circulation](#) in their blood vessels. Drinking more water is a possible help, but we know that better sleep is key.

Mental Health and Relationships

Sleep is not just important for our physical health and appearance, but it also plays a pivotal role in our mental health and interpersonal relationships. Studies have established a strong correlation between sleep and various aspects of cognitive and emotional functioning.

How Sleep Affects Mood

Lack of sleep can negatively affect our mood, leading to irritability, anxiety, and even depression. Chronic sleep deprivation can increase the risk of developing mental health disorders, with some studies indicating that insomniacs are ten times as likely to have clinical depression and seventeen times as likely to have clinical anxiety. The deepest stage of sleep, known as REM sleep, is also when most dreaming occurs, and it's thought to play a role in learning, memory, and mood regulation.

Cognitive Impairment

Sleep deficiency can impair cognitive processes like attention, concentration, creativity, and problem-solving skills. It can also affect our ability to make decisions, solve problems, cope with change, and control our emotions and behavior. These cognitive impairments can have serious impacts on professional life and personal relationships.

Loneliness and Lack of Sleep



When it comes to relationships, sleep deprivation can increase feelings of social isolation and decrease empathy, both of which can strain interactions with others. A study from the University of California, Berkeley, found that sleep-deprived individuals tended to feel lonelier and less inclined to engage with others, avoiding close contact in much the same way as people with social anxiety.

Poor Sleep and [Couples](#)

When one partner is sleep-deprived, it can lead to increased negativity, less empathy, and more conflicts in the relationship. A study from the University of California, Berkeley, found that couples who reported poor sleep were more likely to argue or become hostile in disagreements.

Say Good Night to Your Old Mattress

When you're in your twenties, lack of sleep may not have as drastic an effect on your appearance, but as we get older, some of us need all the help we can get from sleep. A better mattress can help. There are literally hundreds to choose from. There are plush mattresses with a pillow top and excellent hybrid mattresses, and the latest memory foam mattresses. Each one has its own advantages. If you're wondering about which one can help you, contact one of our sleep experts at [The Bedding Mart](#). We'd love to create your very own sleep profile that you can use to find the best mattress to match your needs.