



Wednesday, March 4, 2009

## Good Morning, Starshine

Tired of sleeping pills? Try this bright idea.

INT. BEDROOM - MIDNIGHT

MIND

Was that parking ticket paid? Did anyone unload the dryer? Do I hear the phone?

It's your mind's running script again. Fortunately, a starlet who just appeared at the Oscars may pull the plug on its spotlight. **Glo to Sleep**, an L.A.-made sleep mask (think of soft foam cut into oversized Ray-Bans), is getting high praise from Samuel L. Jackson, Melanie Griffith and more A-listers for its outstanding performance (it was an Oscars gift bag favorite). The secret is photoluminescent strips inside each "lens." Here's how it works:

Lighten up. Holding the mask near a light for five minutes makes the bars glow.

Look on the bright side. Donning the mask and gazing up at the blue strips places the eyes in a position that is said to help release sleep-regulating melatonin.

Find sleep in the blink of an eye. Blink a few times: It's been found that blinking lights can help relax the mind.

We expect more from this bright newcomer. But don't blame us if we sleep through



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