

## Breast Cancer Blog

By [Pam Stephan](#)

### Wicking Sleepwear Beats Hot Flash Heat

Thursday August 27, 2009



[DryDreams Nighgown](#)

Photo © DryDreams

Had any *hot flashes* lately? How about *night sweats*? You know what I mean - your body pretends summertime has come in the middle of the night, and it is time to sweat! Your sleepwear soaks up the perspiration, and when your air conditioning kicks on, you get a polar chill from the resulting combination. This thermal rollercoaster ride disrupts your sleep, and may cause tossing, turning, and witty comments that others may not appreciate in the wee hours of the night. Well, I've been there in Hot Flash Land many times, so I sympathize with you.

[Medical menopause](#) can come along with chemotherapy, hormonal therapy, and some types of surgery - and is just as bad as natural menopause, when it comes to hot flashes. When your [estrogen](#) levels drop, no matter what the cause, hot flashes are usually not far behind.

Anne Best, a breast cancer survivor, decided to find a solution. "I was worn out from lack of sleep, and my tossing and turning was driving my husband crazy," said Best. "My husband, who is a former member of Canada's National Bobsled and Ski Team, suggested I wear some of his high performance athletic wear to bed. I looked odd, but it was the first time in months I didn't wake up soaking wet only to nearly freeze to death later." That high performance athletic fabric turned out to look really good in the form of nightgowns, and so DryDreams was born.

I tried a DryDreams Signature nightgown recently, and had a hard time with it - my dependable nightly hot flash *took a vacation*. The open structured knit of the nightgown seemed to be keeping me cool. I had to stay up late one night working (*I'm always doing my best for you, my readers!*) and finally, while wearing the nightgown and slaving away over a hot keyboard, here came my hot flash. Want to know what happened? Check out my [product review of the DryDreams nightgown](#), to find out!