

Cool solution to hot flashes

Special gown or pajamas can help if night sweats interfere with sleep

By SAMEH FAHMY
Staff Writer

Anne Best of Franklin is no football player or marathon runner, but like so many other women experiencing hot flashes, she sure sweats like one.

Because of side effects from a cancer drug she takes, she'd wake up in the middle of the night drenched in her own sweat, feeling cold and miserable.

One night her husband, Kirby, suggested she sleep in one of the sweat-wicking fabrics that he wore while on the Canadian ski and bobsled teams. She felt a little silly in long johns but was willing to try almost anything.

Best woke up from her restless and dry night of sleep with an idea for women's sleepwear made from wicking fabrics: "It was like a light bulb went off and I thought, 'This really helps,'" she says.

Best's epiphany came two years ago. Today, the result is her DryDreams line of sleepwear. It's made of a sweat-wicking fabric that aims to give women who have night sweats because of menopause or cancer treatments a comfortable night's rest.

"The response has been phenomenal," says Best, who previously worked in marketing and sales positions before starting DryDreams with her husband. "Everybody who has an opportunity to wear one of these gowns is coming back and ordering a second one."

Fabrics such as cotton soak up sweat like a sponge, but the specially treated polyester fiber in DryDreams wicks moisture away from the body, where it can evaporate.

The gowns, pajamas and sheets have been available online at www.drydreams.net since November, but much of its publicity has been by word of mouth. Best has told doctors as well as friends and cancer support groups about the product.

Susan Allen of Antioch is undergoing chemotherapy for breast cancer and has been wearing DryDreams for two weeks.

"I've slept every night since then," the 50-year-old says. "I mean no interruption of sleep at all."

The gowns and pajamas cost \$79.95 and up, but Allen says the money spent is well worth it. Especially when you're battling cancer, a good night's rest is more than a luxury.

"It will save your life to get some rest," Allen says. ■

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BEST



PHOTOS BY NINA LONG / STAFF

DryDreams sleepwear, such as the gown (\$79.95) and the pajamas (\$99.95) worn by model Pam Vasilevskis, is made from a fabric that wicks sweat away from the body so that women experiencing hot flashes can sleep comfortably. DryDreams items, including sheets, are available online at www.drydreams.net (not to be confused with .com, which will take you to a rock band's site.) To top it off, they're shipped in boxes wrapped with bows.



CALENDAR

Today

Obesity seminar: Learn about risks and treatment options surrounding obesity; 5pm in the third-floor tower classroom at Centennial Medical Center, 2300 Patterson St. Also, Tuesday,

Cool Springs Kroger, 2020 Mallory Lane. For information, call 284-2499.

Vision screening: Register for a free vision screening; 9am at the Prevent Blindness Tennessee office, 95 White Bridge Rd. To register, call 352-0450.

269-5355.

Arthritis Foundation training and classes: Become a certified instructor with the Arthritis Foundation or attend a variety of classes for those with arthritis. For registration information, call 254-6795, ext. 21.

Southern Hills Medical Center and Hendersonville Medical Center offer a variety of classes, including ones that cover newborn care, infant CPR and safety, early pregnancy, labor, breastfeeding and sibling scenarios. To register or for more information, call 342-