

WHY TO SLEEP FOR BEAUTY: THE SCIENCE BEHIND THE COMMON WISDOM

RUSSEL M. WALTERS, SHREYA MANDLOI

Somn | United States

REFERENCES

Ballin, Ada S., *Sleep as Beautifier* In. Home Notes Vol. V (1895) C. Arthur Pearson London

Camfferman, D., Kennedy, J. D., Gold, M., Martin, J., Winwood, P., Lushington, K. (2010). Eczema, Sleep, and Behavior in Children. *Journal of Clinical Sleep Medicine*, 6(6),581-588.

Camfferman, D., Kennedy, J. D., Gold, M., Martin, J., Winwood, P., Lushington, K. (2010). Eczema and sleep and its relationship to daytime functioning in children. *Sleep Medicine Reviews*, 14, 359-369.

Chavasse, Pye Henry, (1879) *Man's Strength and Woman's Beauty*. Jones Brothers and Co.

Chervin, R. D., Ruzicka, D. L., Vahabzadeh, A., Burns, M. C., Burns, J. W., & Buchman, S. R. (2013). The face of sleepiness: improvement in appearance after treatment of sleep apnea. *Journal of clinical sleep medicine*, 9(9), 845-852.

Finck, Henry T. (1891) *Romantic love and personal beauty; their development, casual relations, historic and national peculiarities*. Macmillan and Co London

Holding, B. C., Sundelin, T., Cairns, P., Perrett, D. I., & Axelsson, J. (2019). The effect of sleep deprivation on objective and subjective measures of facial appearance. *Journal of sleep research*, 28(6), e12860.

Kim, M.A., Kim, E.J., Kang, B.Y., Lee, H.K. (2017). The Effect of Sleep Deprivation on the Biophysical Properties of Facial Skin. *Journal of Cosmetics, Dermatological Sciences and Applications*, 7, 34-47.

Kushida, C. A., Everson, C. A., Suthipinittharm, P., Sloan, J., Soltani, K., Bartnicke, B., ... & Rechtschaffen, A. (1989). Sleep deprivation in the rat: VI. Skin changes. *Sleep*, 12(1), 42-46.

Mignot, E. (2008). Why we sleep: the temporal organization of recovery. *PLoS Biol*, 6(4), e106.

Mindell, J. A., Leichman, E. S., Lee, C., Williamson, A. A., & Walters, R. M. (2017). Implementation of a nightly bedtime routine: How quickly do things improve?. *Infant Behavior and Development*, 49, 220-227.

Mohiuddin, Kader A. (2019). Skin Aging & Modern Age Anti-aging Strategies. *Global Journal of Medicinal Research: B Pharma, Drug Discovery, Toxicology, & Medicine*, 19(2), 0975-5888.

Oyetaquin-White, P., Suggs, A., Koo, B., Matsui, M. S., Yarosh, D., Cooper, K. D., & Baron, E. D. (2015). Does poor sleep quality affect skin ageing?. *Clinical and experimental dermatology*, 40(1), 17-22.

Patel, T., Ishiujji Y., and Yosipovitch, G. (2007). Nocturnal Itch: Why Do We Itch At Night? *Acta Derm Venereol*, 87, 295-298.

- Siegel, J. M. (2005). Clues to the functions of mammalian sleep. *Nature*, 437(7063), 1264-1271.
- Silverberg, J. I., Garg, N. K., Paller, A. S., Fishbein, A. B., Zee, P. C., (2015). Sleep Disturbances in Adults with Eczema Are Associated with Impaired Overall Health: A US Population-Based Study. *Journal of Investigative Dermatology*, 155, 55-66.
- Sundelin, T., Lekander, M., Kecklund, G., Van Someren, E. J., Olsson, A., & Axelsson, J. (2013). Cues of fatigue: effects of sleep deprivation on facial appearance. *Sleep*, 36(9), 1355-1360.
- Yosipovitch, G., Xiong, G.L., Haus, E., Lundeen, L.S., Ashkenazi, I., Maibach, H. I. (1998). Time-Dependent Variations of the Skin Barrier Function in Humans: Transepidermal Water Loss, Stratum Corneum Hydration, Skin Surface pH, and Skin Temperature. *The Society for Investigative Dermatology*, 20-23.
- C Skarke, et al, A Pilot Characterization of the Human Chronobiome, Nature Scientific Reports, 2017.
- Librizzi; Joseph, Wiegand; Benjamin Carl, Diaz; Teresita, McCulloch; Laura, Hopkins; John, Barba; Theodore L., Leardi; Anthony Joseph, Appert; Gerard William, Method for relaxing human beings using personal care compositions, US Patent 6,830,755, December 14, 2004.
- Kaaz, K., Szepietowski, J. C., Matusiak L. (2019). Sleep quality among adult patients with chronic dermatoses. *Advances in Dermatology and Allergology/Postepy Dermatologii i Alergologii*, 36(6), 659-666.
- Henry, A.L., Kyle, S.D., Bhandari, S., Chisholm, A., Griffiths, C.E.M., Bundy, C. (2016). Measurement, Classification, and Evaluation of Sleep Disturbance in Psoriasis: A Systematic Review. *PLoS ONE*, 11(16), e0157843.
- Hirotsu, C., Albuquerque, R.G., Tufik, S., Anderson, M.L. (2016). Sleep and Psoriasis. In Lambert, W. (Eds.), *Psoriasis: Epidemiology, Diagnosis and Management Strategies*. Hauppauge, NY: Nova Science Publishers.
- Yang, H. and Zheng J. (2020). Influence of stress on the development of psoriasis. *Clinical and Experimental Dermatology*.
- Altemus, M., Rao, B., Dhabar, F.S., Ding, W., Granstein, R.D. (2001). Stress-Induced Changes in Skin Barrier Function in Healthy Women. *The Society for Investigative Dermatology*. 309-317.
- Kahan, V., Anderson, M.L., Tomimori, J., Tufik, S. (2010). Can poor sleep affect skin integrity? *Medical Hypotheses*, 75, 535-537.
- Yoshizaki, T., Kimira, Y., Mano, H., Ota, M., Iwatsuki, K., Oishi, Y., Yamane, T. (2017). Association between Skin Condition and Sleep Efficiency in Japanese Young Adults. *J Nutr Sci Vitaminol*, 63, 15-20.
- Gupta, M.A. and Gupta A.K. (2013). Sleep-wake disorders and dermatology. *Clinics in Dermatology*, 31, 118-126.
- Hirotsu, C., Albuquerque, R.G., Tufik, S., Anderson, M.L. Sleep and Dermatology. In Pandi-Perumal, S. R. (Eds.), *Synopsis of Sleep Medicine*. London: Taylor & Francis Group.
- Sandu, C., Dumas, M., Malan A., Sambakhe, D., Marteau, C., Nizard, C., Schnebert, S., Perrier, E., Challet, E., Pévet, P., Schmittbuhl, M.P.F. (2012). Human skin keratinocytes, melanocytes, and fibroblasts contain distinct circadian clock machineries. *Cellular and Molecular Life Sciences*, 3329-3339.

BEAUTY

HORIZONS **WW – 1 2021**