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## 9 Weird Sleep Habits That Can Ruin Your Skin If You're Not Careful



By CARINA WOLFF

When it comes to getting good skin, we put most of our focus on proper cleansing and moisturizing. But in addition to what we do when we're awake, our nighttime routine also impacts skin's health, and there are a number of sleep habits that could surprisingly be ruining your skin. Your bed may seem innocent enough, but the way you sleep, what you do before you hit the sheets, and the types of linens you use can all play a role in your skin's health and appearance.

"Sleeping is actually something our body and skin needs and craves," says dermatologist Dr. Jill Waibel over email. "When we sleep, our body recharges and gets ready for the next day. When we are sleeping our skin specifically heals the wounds and trauma that it has come in contact with throughout the day, as well as rehydrates itself."

Getting a good amount of sleep is important, but how you sleep matters too, which means it's time to start instilling healthy sleep habits, if not for your mind, but for the sake of your skin as well. If you suspect your bedtime habits may not be ideal, you might want to pay attention to these nine sleep habits that are likely ruining your skin.

#### 4. Sleeping On One Side



Sleeping on your side is a common culprit of wrinkles. "People who only sleep on one side often get a linear line that forms from the hairline down to the jawline," says dermatologist [Dr. Ava Shamban](#), founder of [SKINxFIVE](#) over email. "Get a different pillow and learn to sleep on your back."

#### 7. Falling Asleep With Makeup



We've heard it time and time again, but it's still just as important: Don't go to bed with your makeup on. "Your make up serves as a toxic sticky film where pollutants and other environmental debris can sit," says Shamban. "Press that against the pillowcase, and you develop inflammatory skin conditions as well as acne."

## 8. Sleeping With Your Pet



It feels good to get cozy with your pet, but maybe keep it to when you're snuggling on the couch watching a movie. "Be careful if you are sleeping with your face resting on your pet," says Shamban. "The fur of your pet can contain fungus bacteria as well as fleas. Fido needs to sleep at the foot of the bed!"

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