

BY ROB LOWE

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On His Antiaging Secret: I Sleep All the Time!

**thebiginterview**

**N**o, Rob Lowe hasn't made a deal with the devil or undergone some extreme plastic surgery procedure. The impossibly handsome and seemingly ageless 55-year-old star — who became an '80s heart-throb with star turns in hit flicks like *St. Elmo's Fire* and *About Last Night* — is just really good about getting his Z's. "I take care of myself, and I'm an Olympic sleeper," says the actor, who plays an NYC firefighter who relocates to Austin, Texas, in the new Fox series *9-1-1: Lone Star*. "If sleep were an Olympic sport, I'd be Michael Phelps!" Here, the father of two — he shares sons Matthew, 27, and John, 25, with his wife of 28 years, makeup artist Sheryl Berkoff — talks to *In Touch* about giving back (he recently attended the California Strong Celebrity Softball Game in Malibu to help raise funds for victims of wildfires and mass shootings), making his marriage work and his quietest pleasure.

**You've barely aged!**  
**RL:** You're very nice to say that. I eat well and I don't drink, too. And I have my own skincare line — shameless plug! [Laughs]

**What motivated you to create it?**  
**RL:** I started Profile about five years ago. I established the Profile | Cobalt line [in 2019] because I saw the need for affordable skincare the average guy could benefit from. I also wanted a way to give back. Five percent of the purchase price goes to the Wounded Warrior Project.



**FAMILY MAN**  
 Rob says he and Sheryl made a conscious effort to keep their kids grounded. (It worked: Matthew, right, graduated from law school last year and John has a degree from Stanford.)

**Nice. What would you say has been your greatest life lesson?**  
**RL:** Oh boy! That's for a longer conversation. Commitment to family. Commitment to friendships are even more important than you think they are.

**And what are you most proud of?**  
**RL:** My family. My wife and my two boys.

**With Sheryl, you have one of the longest-lasting relationships in Hollywood. What's your secret?**  
**RL:** Well, it's the same as when they asked Alfred Hitchcock what the key to his movies was — casting.

**Your youngest, John, does some writing on 9-1-1: Lone Star. How does that make you feel?**  
**RL:** We're literally shooting his episode now, and there are moments where he comes up to me like, "Hey, Rob, I'm going to cut this line," and I'm like, "OK, great." And then it's like, "That was my kid!" It's more satisfying than I ever thought it would be.

**What can we expect to see this season on the show?**  
**RL:** There may or may not be an explosion in a bull semen factory. It's shot like *Saving Private Ryan*. [Laughs] The shows are massive; we go all out. We like to toggle between



**GOOD ADVICE**  
 "I live a healthy life," says Rob. "I don't drink or do drugs. I have a loving family. That puts you way ahead of the game."

**On a Lighter Note...**  
 Rob answers our burning questions!

**WHICH EMOJI DO YOU USE MOST?**  
 Not to say that I'm lazy, but I use the very first one that comes up, which is the yellow thumbs-up. I haven't even changed it to my proper skin tone.

**WHAT MOVIE HAVE YOU REWATCHED MOST?**  
 It's either *Caddyshack* or *GoodFellas*. All movies that are rewatchable contain multiple great moments, quotes and performances. Those two are at the top of my list.

**WHO'S MADE YOU MOST STARSTRUCK AND WHY?**  
 Probably Robert Redford. He is the definition of a movie star.

**LAST TEXT WITH A FAMOUS PERSON & WHAT DID IT SAY?**  
 To Chris Pratt: "See you confirmed for 11:30 a.m. Saturday."

**WHAT'S YOUR GUILTY PLEASURE?**  
 Watching shows like *American Idol*, *Findings Bigfoot* and *The Curse of Oak Island*. That's my version of watching *The Bachelor*.

**STRANGEST RUMOR YOU'VE HEARD ABOUT YOURSELF?**  
 That I am actually 173 years old.

**DO YOU HAVE ANY COLLECTIONS?**  
 Surfboards.

**On His Antiaging Secret:**  
**I SLEEP ALL THE TIME!**

He's still got it! At 55, the actor looks just as good as he did during his 1980s heyday

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