

Half of the population sleep in the buff, according to a new study. We ask...



## Would you sleep naked?

### YES

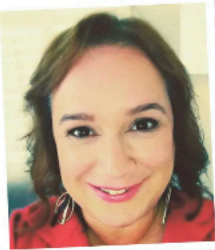
#### 'It's second nature'

**Linda Aitchison, 56, lives in Wolverhampton with her partner**

I've slept naked for as long as I can remember. I love the feeling of crisp clean sheets on my bare skin after a bath. It's a natural state for me, like second nature. Every night, I drift off to sleep right away, relaxed and uncumbered. The intimacy with my partner and skin-on-skin closeness is something I relish.

I'm not the sort of person who confidently marches around changing rooms with no clothes on. My weight has fluctuated over the years and I'm quite self-conscious of my wobbly bits in public, so I always hide away in a cubicle in changing rooms. But I have no qualms about appreciating the benefits of sleeping naked.

My diabetes makes me prone to yeast infections, so I feel that sleeping without underwear is better for



me. Also, I've had hot flushes lately so being naked keeps me nice and cool at nights.

Sleeping naked can lead to some embarrassing moments, like the time I stayed over at my friend Kate's house, got up in the night to use the loo and accidentally walked into her bedroom. She got a shock, but now we just laugh about it.

In my work as a travel writer, I get to see the world – and I never pack nightwear. This summer, I'm going on a caravan holiday to Wales with my parents, and I'll pack some pyjamas for once. Just to avoid any awkward moments. But as soon as I'm home, I'll be right back to my carefree ways.

➔ Visit [havealovelytime.com](http://havealovelytime.com) for more about Linda's work

### NO

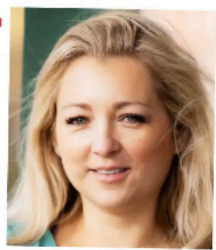
#### 'Stick to pyjamas!'

**Rosey Davidson, 41, lives in North London with her husband and three children**

There's nothing I like better than getting into my pyjamas after a busy day at work. I've always worn pyjamas to sleep – they feel cosy in bed and, if I need to get up with my children, I'm ready to go.

Sleeping naked would leave me feeling exposed and I know I wouldn't relax into a restful sleep. Plus, nightwear doesn't have to be boring. I've been known to slip on a sexy nightie for my husband when the kids aren't around.

Back in 2014, when my first baby wouldn't settle at night, I started to learn more about sleep. Eventually, I found a system that worked and went on to set up my own sleep consultancy.



I learned about the optimum sleep environment and was reassured to discover that my commitment to pyjamas was backed up by science.

As well as being cosy, PJs regulate body temperature. They keep you warm on a cold night and absorb sweat if you get too hot. Clothes also act as a barrier, stopping oils and bacteria from the bedsheets irritating the skin.

Even just the act of getting pyjamas out helps prepare our minds and bodies for sleep because it's a part of routine. I'll stick to covering up at bedtime, thank you!

➔ Visit [justchillbabysleep.co.uk](http://justchillbabysleep.co.uk) or follow Rosey @just\_chill\_mama