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An excerpt from

## No-sweat sleep

If night sweats are keeping you from having sweet dreams, try some pretty pj's designed to wick away moisture

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It's a simple but smart idea: Create a soft, comfortable fabric that uses the kind of wicking technology found in athletic wear that pulls moisture from the skin and keeps you dry. From that fabric, create pajamas designed especially for menopausal women who suffer from night sweats.

Here, lines of wicking sleepwear that show a sense of style.

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### HotCool Wear

About the company: Founded in 2000 by Canadian business woman and runner Wendy McClung, who wore one of her athletic Ts to bed one night and realized it helped her sleep through her hot flashes. She found a business partner to design the pajamas and worked with a mill to come up with a wicking fabric.

The most popular pj's: The Sweet Dreams nightshirt and the sleeveless tank dress, below left.

What we like: The drawstring night lite dress in Airs and Graces Blue (about \$55) and the slip dress (about \$48). This line features some bright, happy colors and on-the-wild-side prints. Some styles could even work as daywear: The night lite dress would be appropriate for a trip to the grocery store!

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Touch test: These feel more like a polished cotton than a cotton -- almost like children's fire-retardant pajamas.

Prices: Range from about \$35 for shorts to \$90 for an embroidered pj set. Prices are shown in Canadian and U.S. dollars.

Where to buy them: [www.hotcoolwear.com](http://www.hotcoolwear.com). Click on the "Hot Mama" collection.

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What else the company sells: A line of athletic wicking wear and a line for men. (McClung says her wicking wear is also popular with insulin-dependent diabetics, chemotherapy patients and those with multiple sclerosis.)