



SLEEP TIGHT ALL NIGHT

If you toss and turn from dusk to dawn, listen up. Poor quality (not just quantity) shut-eye raises the risk of type 2 diabetes. Thankfully, Brad Davidson, author of The Stark Naked 21-Day Metabolic Reset, has some stay-asleep tricks.

IF YOU WAKE UP BETWEEN 1 A.M. AND 3 A.M., that could mean your glucose levels dip and you need a snack before bed. Thirty minutes before hitting the hay, have ½ cup full-fat cottage cheese and 1 cup pineapple chunks or grab a handful of cashews and 1 cup mixed berries. These snacks combine tryptophan and carbs to calm you and keep blood sugar steady.

IF YOU RISE BETWEEN 3 A.M. AND 5 A.M., that could be a sign of oxidative stress, which elevates cortisol and gives you a bout of energy. Antioxidants can help stop this reaction, so aim to get at least two servings a day of dark-skinned fruits, like plums or cherries. Also watch levels of hydration, sugar, stress and alcohol, which can all contribute to the problem.



Should I be worried about Zika?

It's smart to be cautious, says Jim Fredericks, PhD, chief entomologist for the National Pest Management Association. The mosquito-borne virus, which is transmitted by only two species, has been linked to birth defects and Guillain-Barré syndrome, a cause of paralysis. Check cdc.gov/zika to see where the bugs are prevalent and keep in mind that some infected men might also pass the virus through sexual contact. Eliminate outdoor mosquito breeding areas—generally wherever water collects, such as buckets, toys and clogged rain gutters. The carriers are daytime biters, so wear repellent outdoors. Finally, buy products containing DEET, IR3535, picaridin or oil of lemon eucalyptus and follow instructions carefully. Many people don't experience any symptoms, but these include a fever, rash and aches.

Repair and Recover

When a day outdoors leaves your skin more burned than bronzed, find relief with these quick fixes from top docs. (Get more tips on staying safe in the sun by turning to page 31.)

“The best thing for a burn is unscented aloe vera gel. Put it in the fridge for a cooling effect.”

—**Debra Jaliman, MD**, dermatologist in NYC and author of *Skin Rules*

“Try a cold milk compress—lactic acid and probiotics are soothing—or sunflower oil to help skin repair itself.”

—**Whitney Bowe, MD**, dermatologist in New York

“Take a dose of ibuprofen to help bring down the inflammation.”

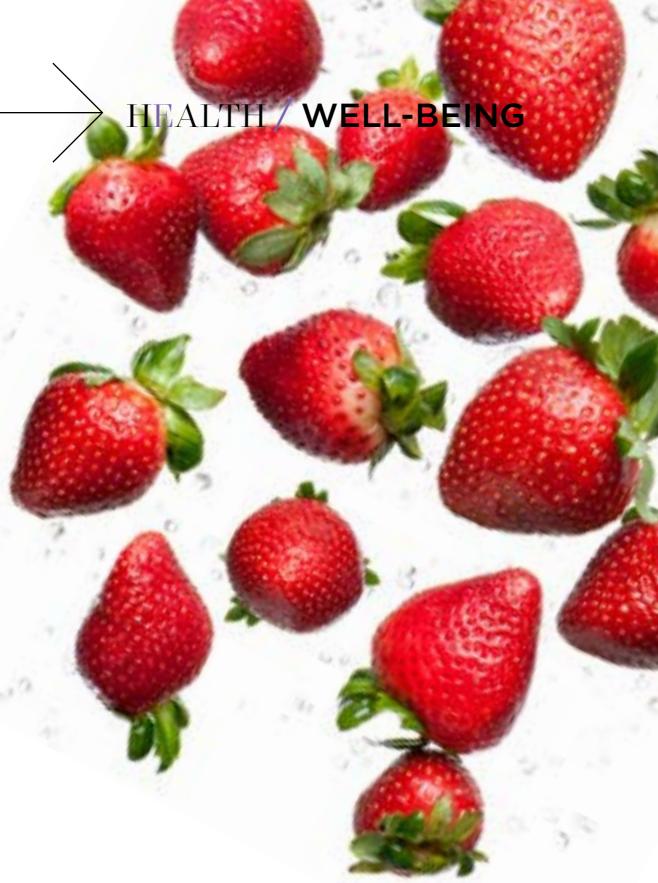
—**Alicia Barba, MD**, dermatologist in Miami, FL



BEAT BLOAT

End uncomfortable belly bulge with these simple diet swaps from Sonya Angelone, RDN, spokesperson for the Academy of Nutrition and Dietetics.

Instead of...	Have...
Broccoli	Spinach You'll consume less raffinose (a complex sugar in broccoli), which breaks down in the large intestine, causing gas.
Black beans	Lentils The type of starch and fiber that's in lentils makes them easier on the stomach. Start with small servings to gradually increase the enzymes needed for bloat-free digestion.
Peaches	Berries Unlike peaches, most berries don't contain a type of carb that's more difficult for some people to process, meaning it can ferment in the GI tract and lead to discomfort.
Seltzer	Plain water Beverages with bubbles cause you to swallow more air, so choose flat H ₂ O to avoid puffiness.



Time of the Month



Pre-period problems, such as nausea, insomnia and crying about *everything*, could be signs of a more serious health issue. New research has linked moderate to severe PMS to a 40% increased likelihood of early onset hypertension—a precursor to illnesses like heart disease and stroke. “PMS could reveal an underlying condition, such as a vitamin or mineral deficiency, which leads to these bigger issues,” says study author Elizabeth Bertone-Johnson, ScD, associate professor of epidemiology at the University of Massachusetts Amherst. Help alleviate PMS (and perhaps future conditions) by getting more B vitamins in dairy products or legumes, or pop a daily multivitamin.



Online Sex Ed

One in four 12- to 16-year-olds are pressured to talk about sex online, often by their peers. Chat with your kid and help curb harassment by asking these questions, says Tom Holt, PhD, study author and associate professor at Michigan State University.

What social media apps do you use?

Without sounding like you're prying, you'll discover how your teen spends her time online. Ask follow-ups about why she thinks it's fun to make her more comfortable chatting about social media. And remind your child to come to you if something makes her angry or upset.

Can I follow you on Instagram?

Posing this as a question shows that you respect your teen's privacy.

Explain what you think are acceptable photos or messages. If necessary, set boundaries on shared selfies or ask about negative posts.

Do you often talk to the same people?

It's crucial to find out not only *what* your kid does online but *who* she does it with. Explain what you think is an appropriate convo and ask whether she agrees. Emphasize that even if a friend says something that makes your kid uneasy, it's still not okay.