

# COSMOPOLITAN

**50**  
New Styles  
for Long  
Hair

## HIS BIGGEST **SEX** SECRETS

What You Always Wished  
You Knew...and One Thing  
You'll Wish You Didn't

**Supermodel  
Marisa Miller's  
Fitness Tricks**

**The Bitchy  
Little Move  
Men Love**

**Is He  
Normal  
Down  
There?**

Shape, Size, Skin Tone...  
What's Weird, What's Not

# Flatten Your Belly!

**MARISA'S TIPS  
MAKE IT EASY**

**YOU, YOU, YOU**  
Feel Instantly  
Happier—With One  
Tiny Change  
p. 150

Plus: Free  
Workout  
Cards

**An Orgasm  
Almost  
Killed Her**

**WE ARE NOT KIDDING**

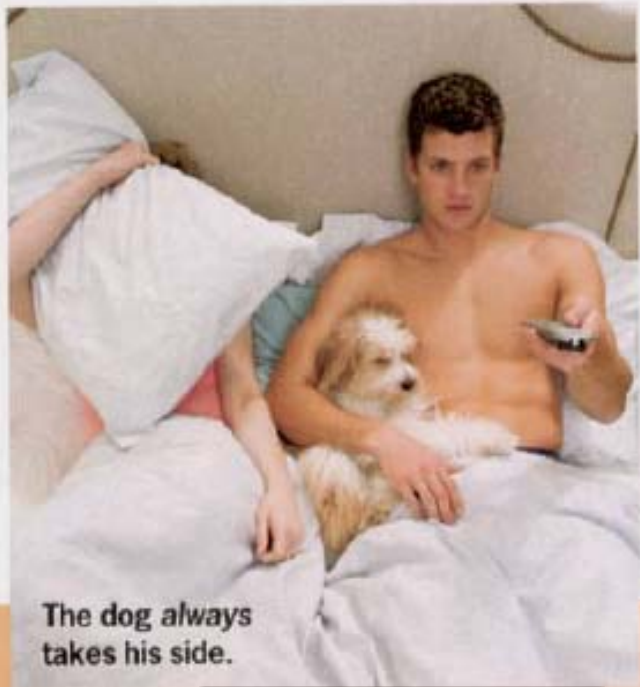
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# Sleep Snags

Reaching la-la land is tough if your boyfriend's shut-eye needs are different from yours. With these easy fixes, you'll both drift off sans frustration.



The dog always takes his side.

**THE ISSUE:** He needs the TV on to fall asleep; you need quiet.

**THE FIX:** Have him set the timer—yes, today's TVs have them—so that it shuts off after 20 minutes. Most people fall asleep within that time, explains sleep specialist Michael Breus, PhD, author of *Beauty Sleep*. So if your guy completes his go-to-bed routine first, the tube will turn off shortly after you climb into bed.

**GADGET THAT'LL HELP:** Sony's Infra-Red TV Listening Headphones (\$59 at [brookstone.com](http://brookstone.com)) are cordless and allow one person to watch TV without the noise disrupting a partner.

**THE ISSUE:** He's always hot, and you're always cold.

**THE ISSUE:** You like to read in bed; he's kept up by the light.

**THE FIX:** Your reading before bed makes falling asleep harder for him because light tells his brain that it's morning. But if you must do it, "use a 45-watt bulb in your lamp," Breus suggests. "The low wattage won't affect his body's ability to produce melanin, which helps him fall asleep."

**GADGET THAT'LL HELP:**

The LightWedge Original Book Light (\$35, [lightwedge.com](http://lightwedge.com)) illuminates only the book page instead of the entire room. For him, there's the Dream Essentials Escape sleep mask (\$20, [dreamessentials.com](http://dreamessentials.com)), which has an inner chamber to relieve eye pressure.

For more information:  
877-777-9334

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