



SLEEP WRINKLES 101

WHAT ARE SLEEP WRINKLES: Most people don't realize that there are two main types of facial wrinkles. Expression wrinkles are the ones that usually come to mind, and are caused by repeated facial expressions. Sleep wrinkles, the other type, are distinctly different from expression wrinkles and are caused by repeated distortion of the face from pillow contact during sleep.

EXPRESSION WRINKLES: Contraction of facial muscles results in recognizable expressions and creates expression lines such as smile lines, crow's feet, and frown lines. In a young face, expression lines disappear when that person is no longer making that expression. With age, skin loses elasticity, laxity of the skin increases, and lines become folds. Skin aging combined with constant repetition, causes expression wrinkles to eventually become permanent. The cause of expression wrinkles is dynamic, due to actual movement of the muscles of facial expression. That's why Botox® works on expression lines - it weakens the muscle that causes the wrinkle.

SLEEP WRINKLES: Sleep wrinkles occur when the face is compressed against a pillow or bed surface. Distortion results from shear and compression forces acting on the delicate facial skin. Sleep wrinkles occur in predictable locations because of fixed anchor points that hold the skin to bone. The mechanical forces from contact with the pillow cause the skin to be stretched, pushed and pulled around these anchor points and create sleep wrinkles. These forces are mechanical, and non-dynamic, so muscle immobilizers, such as Botox® are ineffective for sleep wrinkles. On a young face, sleep wrinkles disappear immediately on awakening. As we age, just as with active expression wrinkles, sleep wrinkles become permanent from constant repetition of compression, increased skin laxity and decreased elasticity.

SLEEP POSITIONS: The American Academy of Dermatology recognizes that sleeping on your side or stomach, with your face pressed against a surface, creates forehead, cheek and chin wrinkles. On average, people spend 60% of sleep time on their sides, 7% on their stomach and only 33% on their back. We unconsciously shift position constantly during the night—20 times on average. Since we spend about a third of our lives sleeping, and we know that the most common sleep positions can create wrinkles, the importance of optimizing our sleep positions to minimize facial compression becomes clear.

PREVENTION: The only way effective way to reduce or inhibit sleep wrinkle development is to avoid facial contact with your pillow. If your face compresses against any bedding surface while you sleep, you're likely to develop sleep wrinkles over time. Back sleeping is ideal for your face but it can worsen some medical problems (snoring, sleep apnea, back pain) and it can be difficult to stay on your back throughout the night. The best alternative is to minimize contact between your face and your pillow in any sleep position. JuveRest® The Sleep Wrinkle pillow is designed to minimize facial compression in both back and side sleeping positions and to inhibit rotation to stomach sleeping.