

4 signs your skin is tired – and how to fix them

When you're tired, it shows on your skin. Here's how to change that.



If you've ever tossed and turned, pulled an all-nighter, or hit the alarm and wondered "Did I even sleep?" you've probably worn it: That unmistakable *too-little-sleep* look. Most people chalk it up to dark under-eye circles, but looking tired is actually a combination of the many ways that fatigue impacts our bodies – and our skin.

Tired skin is tough to cover up. That's why we suggest actually *treating* it instead of piling on concealer (in fact, makeup can actually prolong the problem and keep skin from bouncing back). Whether you're suffering from chronic sleep loss or just one restless night, there are ways to combat the four telltale signs of tired skin, helping you look a little more like you until you can get a full night's sleep:



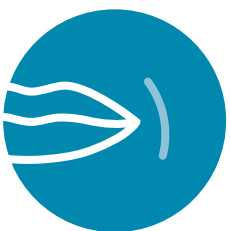
dark circles

Despite what you've heard, the darker pigmentation below your eyes doesn't get darker when you're tired; it just looks darker because the skin above it is dehydrated, letting dark "circles" show through. Resist the urge to just cover them up; instead, drink plenty of water and apply a brightening treatment like Stress Positive Eye Life, which is specially formulated to restore luminosity and hydration to that delicate under-eye skin.



puffy eyes

Tired skin retains water near the eyes in efforts to stay hydrated, leading to another giveaway that you're sleep-deprived: Puffy eyes. Not only do they scream "I'm zonked;" they also cast shadows on the under-eye area that can make dark circles look even darker. A cool compress can take the edge off; you can also use Stress Positive Eye Lift to brighten and de-puff.



fine lines

Like dark circles, fine lines stem from the dehydration your skin endures when lack of sleep throws off its pH. On tired days, use a quality moisturizer on your face and body after dragging yourself out of bed. Use a dedicated night cream like Sound Sleep Cocoon before falling back into bed; the added moisture will make fine lines less obvious, and motion-activated essential oils will help you get some much-needed rest.



dull, lackluster skin

Buildup from dead skin cells and products becomes a bigger problem when your body hasn't had enough time overnight to regenerate. The silver lining: Exfoliating your skin can restore some of its missing glow. Dermalogica's Daily Microfoliant® powder works well with all skin conditions, keeping your face smooth and bright. If you know you'll be missing out on sleep sometime soon (maybe you're traveling, prepping for an exam, or expecting a new baby), prepare skin beforehand by Double Cleansing with PreCleanse Balm. It melts away makeup and impurities in the days before and during sleep loss, giving your body one less thing to do when it's tired.