



**GWEN STEFANI** "Taking care of the baby puts me to sleep"



**DREW BARRYMORE** "I can never go to sleep with a dirty face. I always have to wash it"



**EVE** "I haven't been sleeping for three days. Lately, it's been Xanax. Other than that, Brazilian music"



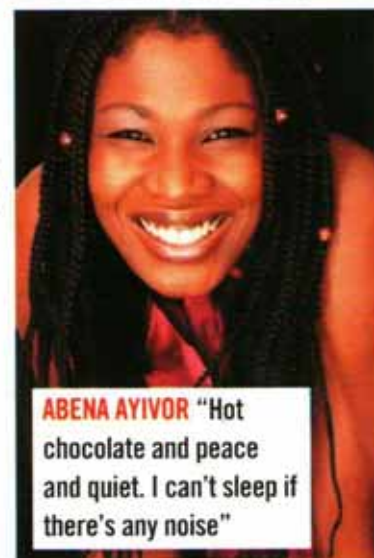
**RIHANNA** "Coldplay puts me to sleep. It's so soothing"



**NICOLA BREYTENBACH** "I like to read for a while"

## WHAT PUTS YOU TO SLEEP AT NIGHT?

From lullabies to lavender oil, celebs reveal their secrets to nodding off.



**ABENA AYIVOR** "Hot chocolate and peace and quiet. I can't sleep if there's any noise"



**HLUBI MBOYA** "A Fenjal bath, a good read, scented candles, silky pyjamas, a super comfy bed and Egyptian cotton sheets... or a good man"



**MACHERE POOLE** "I come from a long line of sleepers. Anything can put me out. I'll have four cups of coffee at 8pm and by 9pm I'm off to bed"



**CAROLYN MURPHY** "Lavender oil. I put some on my daughter's pillow, then I sing lullabies and I usually pass out after that"



**EVA MENDES** "My special pillowcase. I always use it. It's probably not the most sanitary thing"