

mosaic

MORGAN STANLEY

MAR/APR 2023

THE Wellness ISSUE

A BETTER DRINK
OF WATER

HAPPIER DAYS
(NO SHOES NECESSARY)

HEAD-TO-TOE
HEALTH HELPERS

SOUNDER SLEEP



NEW RICE
RECIPES

AMERICAN
TREASURE TROVES

A SPANISH
VACATION

Contributors



DINA MISHEV moved to Jackson Hole, Wyoming, to be a ski bum for a year after college. That was 26 years ago. Now a freelance writer and editor, she has published her work in *The Washington Post* and on AARP.com, and she is the editor-in-chief of *Jackson Hole* magazine. The author of four books about Wyoming and the Greater Yellowstone Ecosystem, she wrote about her trip to Girona, Spain, for this issue (page 22).



KELSEY OGLETREE, who grew up in Montana and now lives in Alabama, has written for *The Wall Street Journal*, *Southern Living*, *Real Simple*, and *Bon Appétit*. She wrote about sleep science and new nighttime solutions in "Eyes Slide Shut" (page 14).



Born in China, **YADI LIU** received her Illustration Master of Fine Arts from the Fashion Institute of Technology in New York City, where she now lives. She created the artwork for "More Enchanted Evenings," an interview with author Katherine May (page 28).

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MARIA KORNEVA / GETTY IMAGES



Eyes Slide SHUT

The whys and hows of a better night's sleep—the science, the solutions, and some new weapons in the nighttime arsenal. Plus, two experts reveal how they rest easy.

BY KELSEY OGLETREE

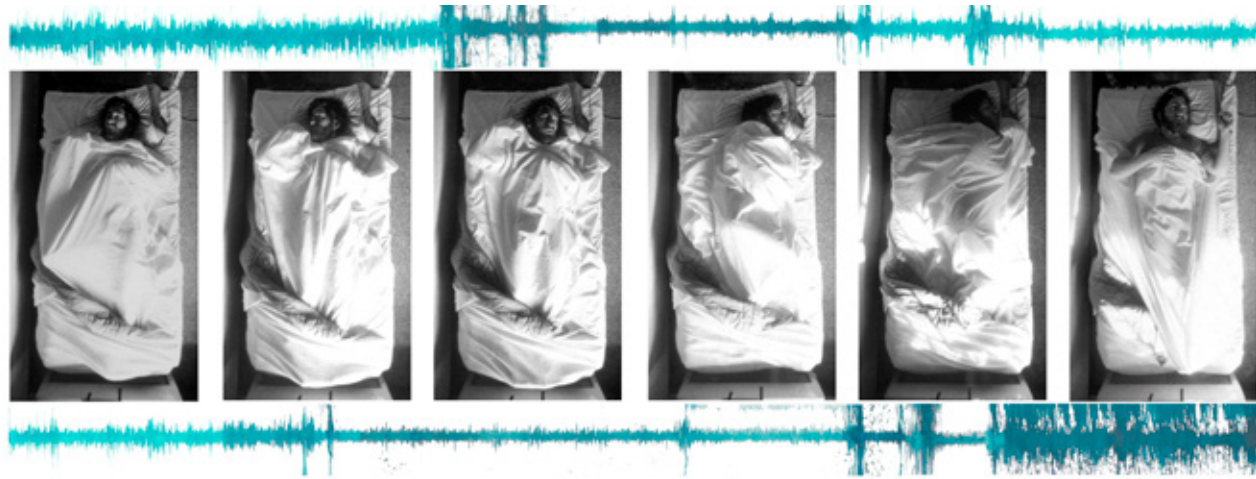
*y*ou *know* good sleep should be a priority. You *know* you shouldn't stay up an extra hour doom-scrolling through your phone. You *know* you'll wake up bleary-eyed, slamming the snooze button, wishing you had another hour to lie right where you are. What you may *not* know is that when it comes to wellness, sleep is every bit as important as those daily yoga poses, those 10,000 steps, or those leafy greens.

THE SCIENCE

Last June, the American Heart Association published Life's Essential 8, a set of science-based guidelines to improve heart health. On the list: Quit tobacco, eat better, be more active, control cholesterol, and manage weight, blood pressure, and blood sugar. The new addition: Get healthy sleep. A full third of American adults report they usually get less than the recommended amount of sleep each night (seven-plus hours), according to the Centers for Disease Control and

Prevention. Sleeping poorly over time has more repercussions than needing an extra shot of espresso in your latte—and the less you sleep, the worse it gets. Not clocking enough shuteye can increase your risk for serious health conditions, including cardiovascular disease, cognitive decline and dementia, depression, high blood pressure, obesity, and more. More than 100 studies now show that lack of quality sleep leads to numerous diseases, says Michael Grandner, director of the Sleep and Health

Research Program at the University of Arizona College of Medicine—Tucson. "Sleep is a foundational element of our biology," he says. "It impacts every system of the body and helps with regulation." The good news: Getting enough healthy sleep has plenty of healing benefits. Carleara Weiss, a Buffalo, New York–based sleep scientist, helped illuminate the links between sleep and certain health conditions and pointed out some of the latest research (below).



A series of sleep positions photographed by the artist Ted Spagna

THE LATEST RESEARCH



DIABETES: Sleep affects glycemic status and glucose management. Good sleep reduces your risk of hormonal imbalance, obesity, and type 2 diabetes. (*Journal of Diabetes*, 2022)



STROKE: Sleep disorders like insomnia and obstructive sleep apnea correlate with cardiovascular disturbances such as hypertension and stroke. (*Current Neurology and Neuroscience Reports*, 2022)



HEART DISEASE: Changes in sleep and oxygen flow observed in people with sleep disorders increased their risk for cardiovascular disorders, including heart attack. (*Medicina*, 2022)



DEMENTIA: Your glymphatic system removes metabolic waste from the central nervous system during sleep. Increasing your glymphatic function decreases the accumulation of substances associated with dementia and Alzheimer's disease. (*Journal of Alzheimer's Disease*, 2022)



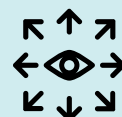
WEIGHT: Sleep plays a role in weight management by helping regulate glucose as well as such hormones as leptin and ghrelin. People who sleep poorly may be at increased risk for obesity. (*Advances in Experimental Medicine and Biology*, 2022)



IMMUNITY: People with chronic and acute sleep deprivation and untreated sleep disorders often have weaker immune systems and responded more poorly to COVID-19. (*Current Psychiatry Reports*, 2022)



STRESS: Poor sleep and high stress levels fuel each other. Sleep loss increases such stress hormones as cortisol, which disrupt sleep. On the other hand, using techniques to promote relaxation and mindfulness have been shown to reduce stress and improve sleep. (*Brain Imaging and Behavior*, 2022)



MENTAL ALERTNESS: Reduced attention, concentration, memory, and mental alertness are all associated with insufficient sleep. So are slower reaction times. (*Journal of Sleep Research*, 2018)

HOW THE SLEEP EXPERTS SLEEP



Carleara Weiss
A sleep scientist based in Buffalo, New York

Three hours before bed:
Eat dinner.

Two hours before bed: **Ask Alexa to dim the house lights.**

One hour before bed: **Turn off the TV, cell phone, and laptop. Meditate, take a warm shower, pray.**

Use **blackout curtains.**

Use a **humidifier.**

Use a **fan.**

Use a **special mattress** that allows your partner to move without disturbing you.

Though establishing a sleep routine is important, you should feel free to **adjust or make exceptions as needed when life happens**, Weiss says. "Sleep should not be a job," she adds. "It should be relaxing and refreshing."



Michael Grandner
Director of the Sleep and Health Research Program at the University of Arizona College of Medicine—Tucson

Create a sleep schedule. Busy people need to budget time for sleep, he says. "I think about how I need to allocate my time to get enough sleep so I can be optimally productive and effective during the day," he explains.

Create a sleep zone. Grandner practices what he calls stimulus control: He doesn't spend time in bed doing other things besides sleeping (like scrolling on his phone). This way, when he gets into bed, his body shifts quickly into the sleep zone.

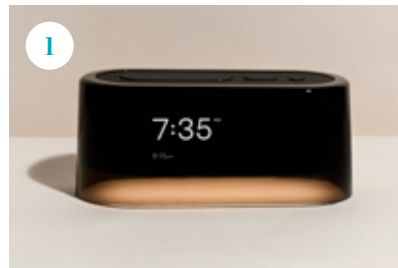
PREVIOUS SPREAD: OSAKA WAYNE STUDIOS / GETTY IMAGES; TED SPAGNA / SCIENCE SOURCE; STUDIO FIRMA / STOCKSY; COURTESY SUBJECT



The Hatch Restore machine has a pink-noise setting for deep, soothing sounds.



Consider your preferred sleeping position and choose the pillow that best supports your neck.



THE SOLUTIONS

WHITE NOISE

If the slightest sound rouses you from a shallow slumber, maybe the calming drone of an electrical device will mask noises and encourage deeper sleep. Consider something as simple as a room fan or as elaborate as the Loftie Clock, a programmable white-noise machine (\$149) that features sound baths, the sounds of nature (think rain), breathwork, and meditations, and even doubles as a Bluetooth speaker if you'd rather fall asleep or wake up to your own tunes. Masking the creaks of your old house or the barking in your neighborhood with staticky white noise might be worth trying.

PINK NOISE

While white noise represents all sound frequencies equally (the high ones as well as the low ones), pink noise is more powerful at the deeper, gentler ones (like the ebb and flow of waves reaching a beach) and softer in the high frequencies. That means it's usually more soothing and milder yet blocks out irritating background sounds that can prevent you from drifting off. Pink noise machines can be a little tricky to find, but Hatch Restore (\$130) is a good option. It also has a customizable light that mimics the sunrise to wake you up gradually. The LectroFan from Asti (\$50) offers pink and white noise options, as well as the even deeper, bass-like brown noise (think summer downpour).

ADJUSTING YOUR THERMOSTAT

For most adults, the ideal sleeping temperature is between 60 and 70 degrees Fahrenheit, according to the National Sleep Foundation. This is due to our circadian rhythm, which regulates sleep cycles. Your core body temperature



2

A sleep routine is important, but you should feel free to make exceptions. **“Sleep should not be a job,”** says Carleara Weiss. **“It should be relaxing and refreshing.”**

COURTESY HATCH; COURTESY LOFTIE; COURTESY HONEYWELL

1. The Loftie Clock, a white-noise machine, can also be programmed with music.

2. Honeywell's QuietSet Tower circulates air and provides a soothing hum.

3. Blackout curtains, shades, and strips can keep light out and make sleep easier.

FIORDALISO / GETTY IMAGES; АНДРЕЙ КЛЕМЕНКОВ / GETTY IMAGES

starts to drop at bedtime, about two hours before it expects to go to sleep. Other than turning on the AC, try closing your curtains to reduce heat during the day, opening the windows, or getting a fan. A model like Honeywell's oscillating QuietSet Tower (\$70) has a soothing whir and a dimming feature.

COOLING YOUR BED

If you wake up in the night to fling off the covers, overinsulated by too many blankets or perhaps a heat-trapping foam mattress, look into a cooling bed accessory. A targeted system like the Moona Active Cooling Pillow Pad (\$499) eases your hot-headedness after slipping over or inside your pillowcase. Need more chill? You're talking about a mattress makeover, and prices heat up quickly: The Chilisleep Dock Pro Sleep System (from \$1,149) covers your entire mattress and can cool down to 55 degrees, while the fancy Eight Sleep Pod 2 Cover (from \$1,795) fits around your mattress and circulates water beneath your covers,

allowing you to dial in your perfect sleeping temperature.

EXPERIMENTING WITH A WEIGHTED OR COOLING BLANKET

Heavy blankets, sometimes weighing 20 pounds or more, have become popular in recent years. The concept is based on pressure therapy, the idea that putting a certain amount of weight on your entire body (imitating the feeling of being hugged or swaddled) has a calming effect, lowering your heart rate and slowing your breathing to prepare for sleep. At the other end of the spectrum, consider Rest Duvet's Evercool Cooling Comforter, made of fabric that wicks away moisture and transfers heat more quickly than cotton (from \$199).

TRYING OUT A NEW PILLOW

Preferences can vary widely, depending on your favorite sleep position. In general, side sleepers need firmer, thicker pillows, while stomach sleepers need softer ones. Back sleepers should look for a flatter pillow.



3

Carleara Weiss's go-to recommendation is a medium-firm memory-foam pillow with multiple layers. Even better: a memory-foam pillow with temperature gel (like Tempur-Pedic's Tempur-Cloud Breeze dual cooling pillow, \$199) to maintain coolness.

CHANGING WINDOW TREATMENTS

Blackout curtains or shades keep the room dark, reduce outside noise, and help create a better sleeping environment. At a wide array of prices depending on materials and window size, Smith & Noble features shades, shutters, blinds, and drapes to darken a room; the Shade Store also sells blackout treatments. If your window

SLEEPCATIONS

Hotels are helping guests to rest easier by offering sleep-inducing amenities (that don't include Advil PM).



French Quarter Inn in Charleston, South Carolina, includes complimentary sound machines in every room and "sleepy tea" at turndown. From \$399 a night.



Four Seasons Hotel St. Louis offers a 100-minute, deep-sleep massage. From \$395 a night.



Mountain Shadows Resort in Scottsdale, Arizona, offers eye masks, pillow mists, and sleep journals. From \$479 a night.



For serious insomniacs, **The Retreat Costa Rica's** "Art of Resting" package includes cranial massage and sessions with an Ayurvedic practitioner. From \$670 a night.

COURTESY FRENCH QUARTER INN; COURTESY FOUR SEASONS HOTEL ST. LOUIS; COURTESY MOUNTAIN SHADOWS; COURTESY THE RETREAT COSTA RICA



Sleeping with a calm pet can be good for both of you. Sleeping with a restless pet can mean a restless night.

STUDIO FIRMA / STOCKSY; COURTESY SOMNOX; BOY ANUPONG

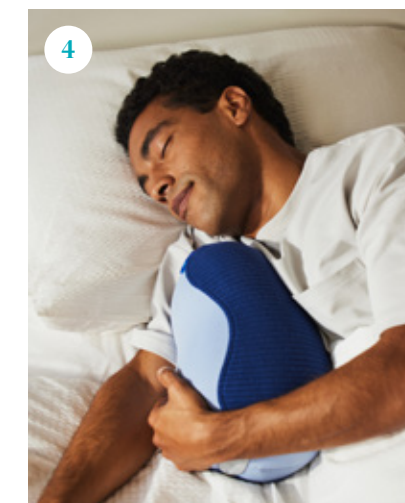
treatments don't perfectly cover your window, creating gaps where light can peek through, try layering shades under blackout drapes or look into light-blocking strips (from about \$25 per window).

ELIMINATING BLUE LIGHT

Putting away phones and computers at least two hours before bed helps eliminate exposure to blue light, which keeps you alert longer and can interfere with sleep. If that's not possible, try wearing blue-blocking glasses or installing an app on your phone that diminishes blue-light brightness and intensity on your screens at night.

DOZING WITH FIDO

Sleeping with a dog or a cat is controversial, says Weiss. Some veterinarians insist it strengthens your bond, and several studies suggest sleeping with a pet isn't harmful. However, if your pet often moves or makes noises during the night, it may be better for your sleep habits to shut your bedroom door.

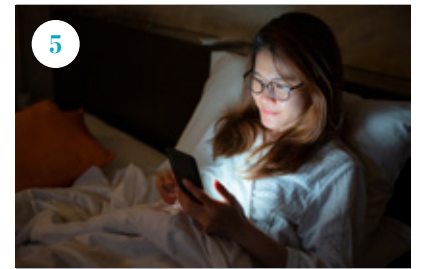


CUDDLING WITH A ROBOT

Wacky, but if it works, it works. You may soon be making room in your bed for the Dutch device Somnox 2 (\$599), which is shaped like a giant jellybean and "breathes" in and out as you hold it to

4. The Somnox 2 mimics breathing and is supposed to help you fall asleep as you clutch it.

5. Using special eyeglasses or an app to diminish blue light can make sleep come more quickly.



your chest—an oddly soothing motion that helps you drift off faster.

EATING FOR BETTER SLEEP

What you put into your body affects more than what your body looks like and how you feel. The food and beverages you consume, especially in the evening, also influence sleep. Research shows that following a Mediterranean diet may help lead to better sleep (along with other health benefits). Foods like kiwi, cherries, milk, oily fish, nuts, and pumpkin seeds all contain sleep-beneficial nutrients. Sugar, caffeine, chocolate, alcohol, spicy or fatty foods, and lots of meat, on the other hand, can torpedo a good night's rest.

GETTING A SLEEP COACH

You've heard about sleep coaches for babies and children, but they can work for adults, too, helping address habits that lead to insomnia, snoring, or other obstacles to sleep. Find a coach online or try sleep coaching through an app such as Sleep Reset or SleepScore.

UNDERGOING A SLEEP STUDY

If you can't stay awake at work or while you drive, a doctor may suggest a sleep study. You'll be asked to spend the night in a sleep center, where a technician can monitor your heart rate and breathing rate, brain-wave activity, oxygen level, and leg and body movements. Depending on the results and diagnosis, a doctor may suggest a CPAP (continuous positive airway pressure) machine, which you wear in bed and provides a stream of air through your nose or mouth to address snoring and breathing problems. You may also be given equipment at the sleep center; you return home, sleep in your own bed, and go back to return the machinery. Wesper makes an at-home sleep "lab" (\$249) that claims to be 95.6 percent as accurate as a sleep-center study. Two wireless patches and an app feed stats to a specialist who can suggest a treatment plan. **10**