

Sainsbury's

The nation's favourite monthly glossy

# magazine

NOVEMBER 2011

ONLY  
**£1.60**

+5 FREE  
pashmina wraps  
for every reader\*

*Simply the best...*

Easy cakes your family will love



*Cinnamon cake  
with blackberries  
page 80*

**Style**  
The Gok  
dress that  
will change  
your life

**Health**  
What men  
need to  
do NOW!

**43**

**TASTY IDEAS  
FOR SMART COOKS**

- Make more in your slow cooker
- New fillings for jacket potatoes
- Comfort food on a health kick

**YOUR FAVOURITE  
UK RESTAURANTS**

We asked... you told us



\*PASHMINA-STYLE WRAPS.  
JUST PAY POSTAGE. SEE PAGE 162

**HOMES + TRAVEL + STYLE + BEAUTY + HEALTH**



# Your life

## November

### *Wakey, wakey*

With the nights drawing in, getting up in the morning is much more of an effort. Dr Chris Idzikowski from the London and Edinburgh Sleep Centres recommends a few simple steps to help boost your energy levels and prepare you for the day:

- Everyone sleeps in roughly 90-minute cycles, which if interrupted can lead to tiredness. Try adjusting your bedtime so that you wake up at the end of a cycle.
- Dawn simulation light alarm clocks, from £59.95 at [lumie.com](http://lumie.com), are effective if you have trouble getting up in the winter, or suffer from broken sleep cycles.
- Gentle exercise such as yoga can be energising in the morning.
- A cup of coffee during the first 20 minutes after you rise can really boost wakefulness. See page 57 for our pick of invigorating beauty products, too. ▶