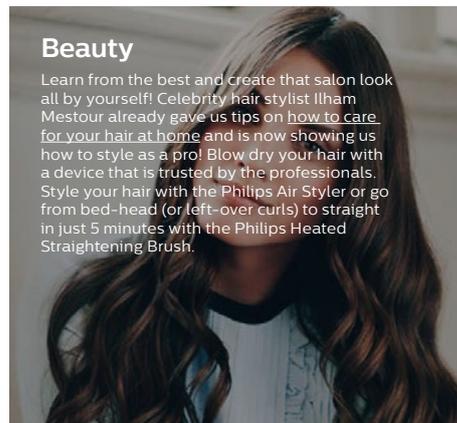


Let's make home a better place to be



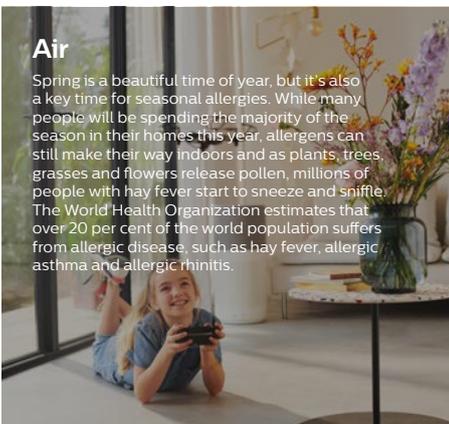
Beauty

Learn from the best and create that salon look all by yourself! Celebrity hair stylist Ilham Mestour already gave us tips on [how to care for your hair at home](#) and is now showing us how to style as a pro! Blow dry your hair with a device that is trusted by the professionals. Style your hair with the Philips Air Styler or go from bed-head (or left-over curls) to straight in just 5 minutes with the Philips Heated Straightening Brush.



Air

Spring is a beautiful time of year, but it's also a key time for seasonal allergies. While many people will be spending the majority of the season in their homes this year, allergens can still make their way indoors and as plants, trees, grasses and flowers release pollen, millions of people with hay fever start to sneeze and sniffle. The World Health Organization estimates that over 20 per cent of the world population suffers from allergic disease, such as hay fever, allergic asthma and allergic rhinitis.



Oral Healthcare

We often talk about the mouth being the gateway to the body, but what does that mean?

Evidence indicates a possible link between gum disease and many chronic illnesses, including heart disease — the leading cause of death in the United States for both men and women. Learn more about how to maximize your oral hygiene routine to promote the health of your mouth, and your body.



Get expert advice on how to take care of your health and looks at home

For at least the next few months, it looks certain that many of us will be spending a lot more time at home. This makes it even more important that we continue to look after our personal health and wellbeing at home - for example, maintaining a good exercise routine, looking after our personal appearance, eating well and getting a good night's sleep.

Philips wants to empower you to kick-start and stick to these important feel-good personal health routines, allowing you to take good care of yourself, your looks, and your loved ones. So we've spoken to our experts to gather tips and advice on things like, how to get a good night's sleep, how to maintain healthy teeth and gums and what clean air in your home means if you or your loved ones suffer from allergies. And because of the psychological and emotional benefits of looking good as well as feeling good, we also consulted our experts in beauty.

So for starters, here are a couple of practical tips you can apply right now. Did you know that it's better to floss your teeth before you brush them rather than the other way round? That there are things you can do to help get a good night's sleep, even if you're stressed or anxious. Take a look at Philips' free [SmartSleep Analyzer](#) for example - a clinically validated online tool that helps you assess your sleep quality and identify solutions for some of the most common sleep challenges.

Sleep

In these uncertain times, stress and anxiety are not only devastating to everyday tasks, but directly impact sleep health. Increased levels of stress can cause sleep loss, and more severely can lead to long-term insomnia. In fact, according to the [Philips annual global sleep survey](#), 33 percent of respondents cite stress as the most limiting factor to a good night's sleep. Understanding how sleep and stress are related is key to maintaining balance and possibly even preventing sleep-related comorbidities (simultaneous occurrence of two or more conditions or disorders in one person) down the road. Read more about the science between stress and sleep, but also get tips from sleep expert Dr Mark Aloia, Behavioral Change Expert, on how to improve your sleep. Get an online assessment of your sleeping behaviours via the Philips [SmartSleep Analyzer](#). This tool offers a clinically validated way to identify and suggest solutions for some of the most common sleep challenges.

