

How to Get Great Hair...In Bed!

by Deborah Dunham (Subscribe to Deborah Dunham's posts), Posted Mar 24th 2010 at 8:00AM



Get great waves like Sarah Jessica Parker's, while you sleep! Photo: Getty Images

Love long, soft, wavy hair like [Sarah Jessica Parker's](#)? The great thing about her look is you can get it while you sleep.

That's right.

By following a simple bedtime routine, your shut-eye can turn into some serious [beauty sleep](#).

According to the folks at [hairboutique.com](#), creating great morning hair starts with a good [cleansing](#) the night before. Here are their tips:

1. Wash hair as you normally would with your regular products.
2. Apply a rinse out conditioner.
3. Finish with a cool/cold water rinse.
4. Towel blot.
5. Apply [leave-in conditioner](#).

6. Detangle hair gently from the ends up to the roots.
7. Create desired part and/or fringe sections and arrange hair the way you normally wear it.
8. Allowing for where you wish to create waves, separate strands into individual 2" sections.
9. Gently twist hair into a clockwise direction until the hair is completely twisted (the tighter you twist, the tighter the resulting waves). You can also [braid your hair](#) or put it in a ballerina bun for a different wave pattern.
10. Tuck the end of the twisted strand under at the base of the twist and secure with elastics.
11. Go to bed and allow hair to dry naturally overnight.
12. The next morning, carefully remove the elastics.
13. Use fingers to pick out waves and arrange as desired (do not brush it or the [waves](#) will come out).

Stylist Heather O'Malley at Salon Vanity in Philadelphia tells StyleList that waking up with great hair depends a lot on the type of [product](#) used. "Bedhead really works for those lucky enough to have a natural soft curl. After waking, they only need to scrunch their curls into place with a bit of product. For those with a shorter, edgier, [spikier](#) style, it looks great with some product in it from the night before."

O'Malley also says styling your locks while you sleep creates a modern look. "It is the iconic carefree, fun and casual look but it has to be deliberate," she says. "It can be incredibly versatile depending on the style and texture of the hair, and it can range from romantic/bohemian to [punk/goth](#)."

Try it! Creating your style overnight will not only save your hair from over-processing with a [blow dryer](#), it will save you valuable time in the morning -- and we could all use a few extra minutes before that alarm goes off!

Know who else is wearing long, wavy hair? [Take a look](#).



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