

# Are you ready for life's big moments?

Plan for the journey ahead.



## The BLACKROCK PLAN for INCOME

*A four step plan to help you build for what matters most.*

*All investments involve an element of risk to both income and capital.*

Build on **BLACKROCK** Trusted with more money than any other investment firm.

Build Your Plan 

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THE  TIMES

People wear clothes to bed? Who knew?



## OK to spend the night swathed

mention that some people wear clothes in bed. I wonder why? Do they have children maybe, or share a room? I don't know, but I can't imagine why anyone else would. Two people getting into bed buttoned up to the neck is a disgusting thought, and all that fabric twisting round you, how can you stand it? The only time I ever saw people do this, and they were an absolute pain, tangling round tubes and rubbing on stitches.

I binned them the day I was discharged. I suppose if you live in a freezing house in the draughty countryside, they might have a role, but my flat is Chelsea's only known sub-tropical micro-climate, so they don't.

However, I am a considerate sort of person, so I've been thinking about this on your behalf. So far as I can make out, people fall into one of three categories: pyjamas, nighties or short/camisole combos. Also, I'm afraid I have to insist that they're natural fabrics. It is simply not OK to spend the night swathed in polyester. I am torturing myself with mental images of people getting out of bed crackling with static, viscose stuck to their thighs.

It doesn't have to be this way. For £29.50, you could get some white, pure cotton pyjamas with pretty silver hearts embroidered on them (Les Senteurs style, [marksandspencer.com](http://marksandspencer.com)), or some pink and white striped Egyptian cotton pyjamas (Forty Winks pyjamas, £79; [pjpan.co.uk](http://pjpan.co.uk)). You could also bag yourself some stylish 100 per cent silk lavender Coco pyjamas, with contrast piping (£192; [thepyjamastore.com](http://thepyjamastore.com)), or – my own favourite, were I in the market, which I am not – you could buy British, with some blue and white stripe cotton numbers from Somerset company Bonsoir (blue stripe collection, £69; [bonsoiroflondon.com](http://bonsoiroflondon.com)), which also does brushed cotton tartan PJs for £79 and lovely long silk nighties for £190.

If you're a cami/shorts type, the Isabella navy silk camisole with lime-green trim (£135; [myla.com](http://myla.com)) and matching French knickers (£90) are pretty and sexy. Bodas has some cotton pyjama shorts (£28) and camisole (£32; [selfridges.com](http://selfridges.com)), and M&S has checked pyjama shorts (£12.50) which would be fine with a plain white cami.

If you're a nightie person, you can get a short white silk one for £85 at [thewhitecompany.com](http://thewhitecompany.com), or a long cotton jersey one (£58; [bodas.co.uk](http://bodas.co.uk)). Be aware that if you go off piste and try googling nightdress, there are some truly horrifying sights out there: long-sleeved, pastel, floral, poly-cotton and – most terrifying of all – Victorian style. I'm really quite traumatised by the Victorian style. If you held a gun to my head and insisted that I wear something in bed, it would probably be La Perla's silk and lace short slip (pictured, £394; [laperla.com](http://laperla.com)), but please don't do that. It wouldn't be kind. You wear your fleecy tartan PJs if that's what makes you happy. This is a subject on which we must agree to differ.

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