

Newlyweds unable to sleep

Dear Annie: My husband and I are newlyweds. The first year of marriage has been amazing, except for one thing. Our sleeping preferences are radically different. I enjoy a cold room with a heavy plush comforter, whereas he would be happy sleeping in a warmer room with a lighter-weight blanket.

He complains constantly about being too hot. When I tell him to throw the blanket off, he complains it's too cold. The other night, he said he was so uncomfortable that he slept in the guest room with a small blanket and the temperature set to 75. In the morning, he crawled into bed and said he'd missed sleeping next to me. It's just the actual falling and staying asleep part that is a struggle. — *Sleeping Beauty Needs Her Shut-eye*

Dear Sleeping Beauty: Prince Charming needs his shut-eye, too. It's common that couples have to iron out their sleeping differences. There are plenty of options.

There are blankets designed for couples in your situation, where half the blanket is heavy and half is light. You can find these for sale online, or if you're at all crafty, you can stitch two different-weight blankets together yourself. If that's not enough, consider buying

Dear Annie



By Annie Lane

Creators Syndicate Inc.

ette regarding these gifts? The gifts are addressed to my spouse. Are the gifts to be shared with everyone in the office? Are the gifts to be brought home? I don't want to be rude. — *Unsure*

Dear Unsure: These baskets are addressed to your husband, so if he'd like to take them home, that would be perfectly OK. But what would be even better is if he shared at least some of them with the office. Any goodwill this might establish between him and his employees would be priceless.

Dear Annie: I was disappointed when I read your answer to "Hearing Gibberish," the gentleman who complained about people talking too fast for him to understand. That is a huge red flag that suggests he may be experiencing hearing loss. If not diagnosed and treated, he might withdraw, quit trying to communicate and fail to respond to loved ones. There are tools to help with this, such as closed captioning, assistive-listening devices, hearing aids and captioned telephones (CapTel). Your state may provide a captioned phone free or at reduced cost. For more information, contact the Hearing Loss Association of America (<http://www.hearingloss.org>). — *Hearing Again*

two twin beds and pushing them together to make a king-size bed. That way, your bed will have your blanket and his will have his.

Science is on your side with the thermostat. Dr. Christopher Winter, medical director at Charlottesville Neurology and Sleep Medicine, says the ideal temperature at which to sleep is between 60 and 67 degrees, as cooler body temperatures allow for deeper sleep. But seeing as your husband prefers it warmer, perhaps you could compromise at 70.

Congratulations on your marriage. If this is the biggest problem in your relationship, you're doing well.

Dear Annie: My spouse is the head of a company and receives gourmet food gifts from large corporations. What is the proper eti-

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). As for the one you've put so much thought into lately: This person makes you happy, but also makes you feel vulnerable. Old fears are surfacing through this relationship.

TAURUS (April 20-May 20). What can you do that you haven't before? The events of the day will seem to rhyme, as though everything is echoing parts of something else. There's a beauty and a comfort in this, also an annoyance.

GEMINI (May 21-June 21). Time and action will seem to play out in a very analog fashion. Unlike what occurs when you send a text or an email, you'll be able to finish an action, change your mind, take it back and redo it before it matters.

CANCER (June 22-July 22). The feeling of the day is one of unlimited potential. The idea that your best work is still out there will keep you reaching, trying, learning and committing yourself over and over to the promise.

LEO (July 23-Aug. 22). The day's work will thrust you into unusual social circumstances. You'll be sorting through the frivolous and the earnest today, finding value in both and enjoying the task of handling these sorts of things.

VIRGO (Aug. 23-Sept. 22). Over time you could grow to resent those who seem to only add to the rather mundane aspects of the day, even as you cherish those who grace your existence with a spark of the unexpected.

LIBRA (Sept. 23-Oct. 23). No matter what pessimism may abound in some around you today, your enthusiasm will be difficult to kill, because it is invisible and contagious and moves fast. Stay buoyant.

SCORPIO (Oct. 24-Nov. 21). You like to

make people laugh, and you're good at it. The star of your day will be an Ed McMahon-esque sidekick — someone who supports you, sets you up and gets a good deal of pleasure from your wit, too.

SAGITTARIUS (Nov. 22-Dec. 21). The bigger victories will get a party or some kind of epic advertisement; it will be easy to lose yourself in their pronouncement. All the more reason to raise a toast to small victories such as the one this evening.

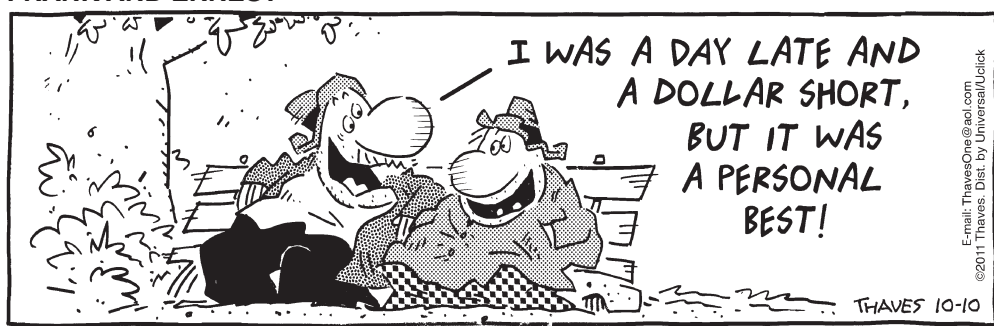
CAPRICORN (Dec. 22-Jan. 19). You need the love and affection, but somehow it doesn't seem right to you if you have to ask for it. The problem is remedied by giving out the sort of thing that you want them to give to you. Don't worry; in time, they'll learn.

AQUARIUS (Jan. 20-Feb. 18). Just because it's the best answer doesn't make it right. You'll be inspired to ask more, go deeper and experiment. This could bother the type of person who likes to leave well-enough alone, but don't let that dissuade you.

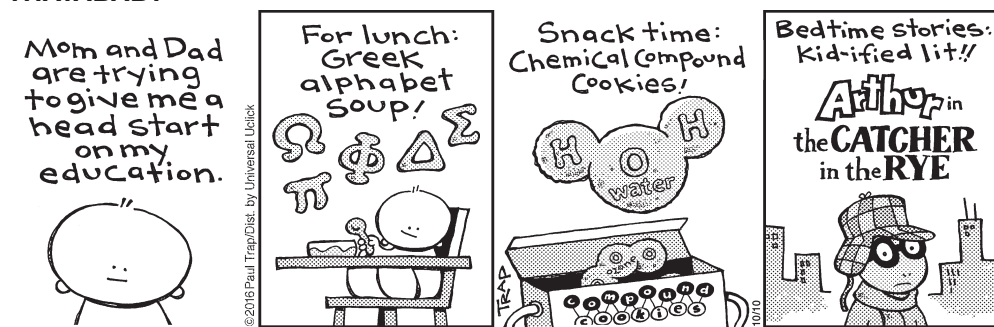
PISCES (Feb. 19-March 20). There's something you used to try and hide or disguise. You're starting to realize that this circumstance or trait that you once deemed unacceptable may very well be the best opportunity you have to celebrate who you are.

TUESDAY'S BIRTHDAY (Oct. 11). As for the healing you've worked for, you'll now stop the efforts and relax into a big improvement. You'll get the other pieces to the puzzle over the next four weeks; all will pop into place to form a pretty picture. Your personal life features love and adventure in 2017. August brings professional advancement. Pisces and Leo adore you. Your lucky numbers are: 9, 40, 22, 29 and 33.

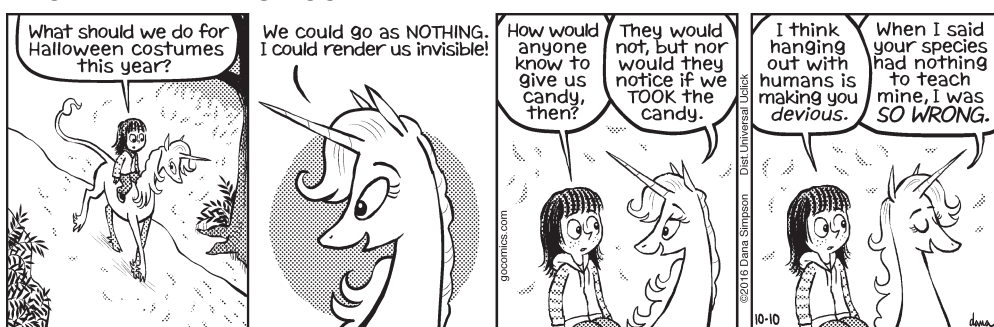
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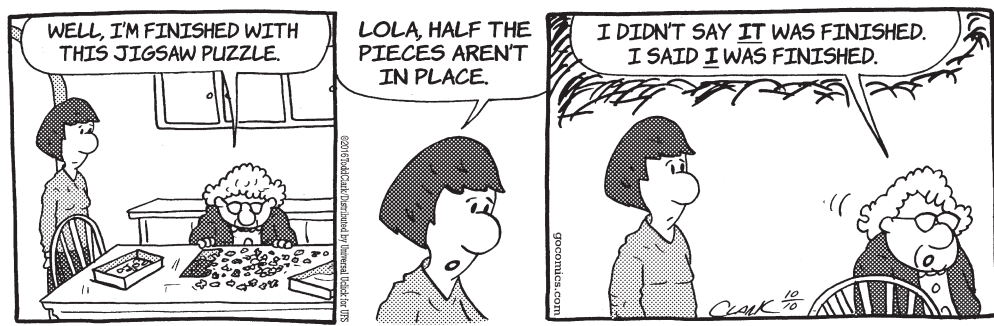
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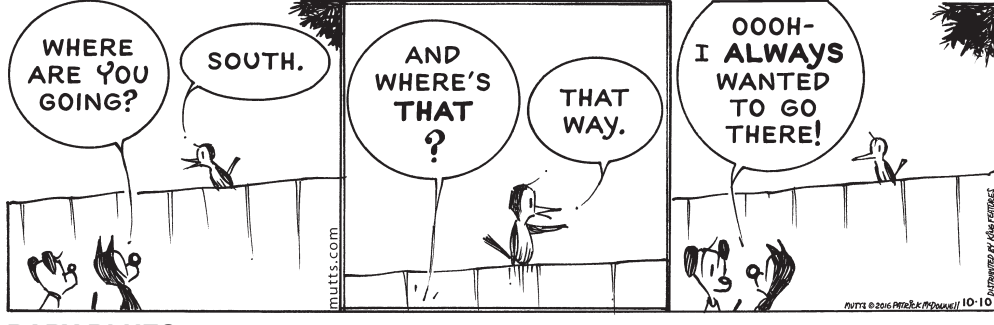
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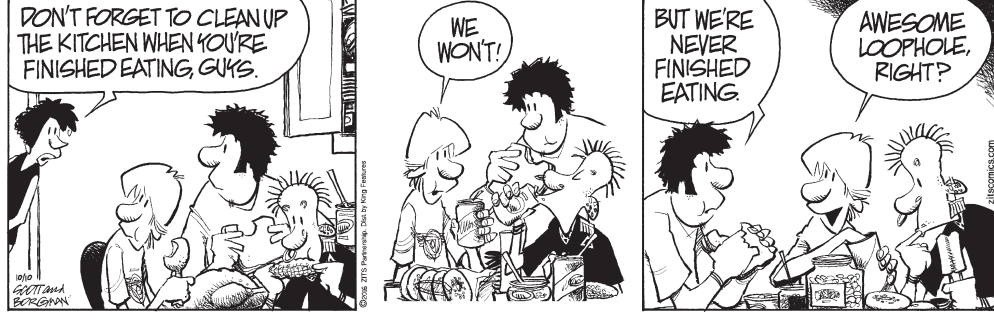
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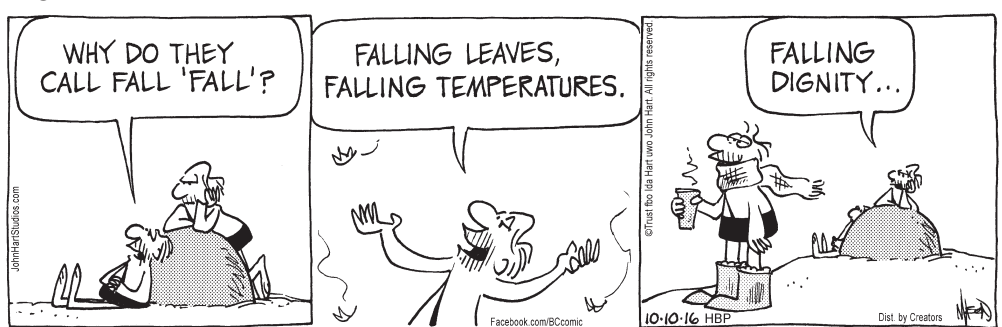
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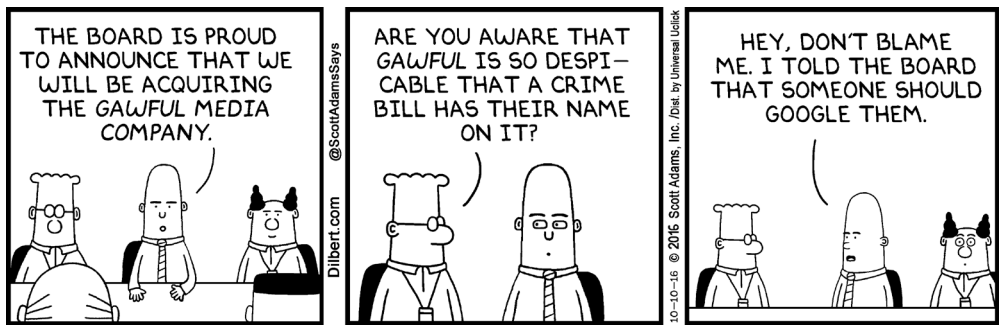
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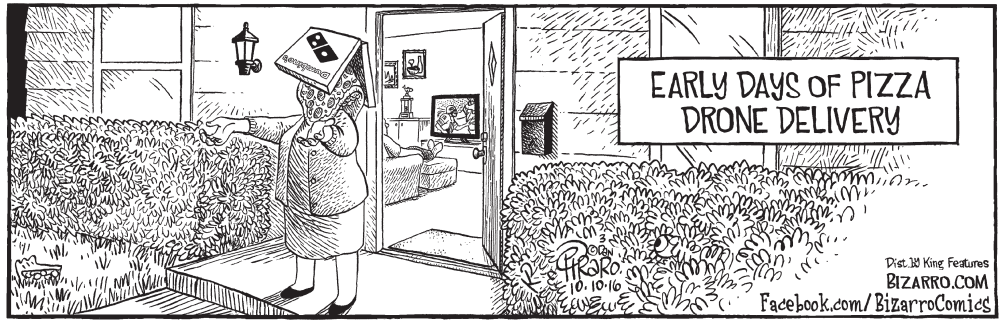
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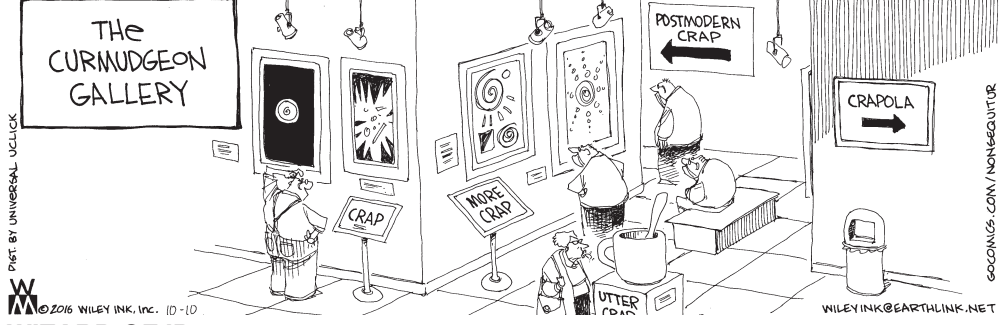
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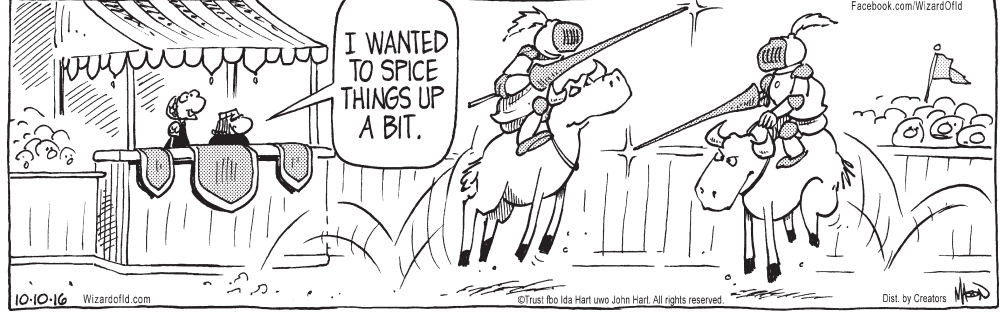
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