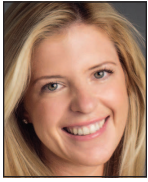


# A pajama conspiracy?

Dear Annie: Shortly after Christmas, my work friend, "Mike," and I were talking at lunch and discovered we have the same problem. Our wives both gave us silk pajamas. Worst yet, they expect us to wear them! We think it's a conspiracy, even though they have never met. Mike wears his boxer briefs to bed. I stopped wearing my underwear to bed when I went off to college. By the numbers — if you have them — what do American men wear, or not wear, to bed? How can we convince our wives that sleeping naked doesn't make us perverts? Small children are not an issue here. — *Sleeping Bare in Sunny Florida*

## DEAR ANNIE



Annie Lane  
Creators  
Syndicate Inc.

Dear Sleeping Bare: A 2005 ABC News poll asked Americans what they wore to bed. Thirteen percent of men and 55 percent of women said pajamas or nightgowns; 21 percent of men and 25 percent of women said shorts and/or a T-shirt; and 31 percent of men and 14 percent of women said they slept in the nude. It's likely those percentages have fluctuated, as the survey's over a decade old. But assuming the

overall trends have held, you're in the plurality for American men. It's also worth noting that there are some scientific arguments in favor of sleeping in the buff. University of Amsterdam researchers found that people achieve deeper sleep with lower skin temperatures, which sleeping in the nude helps achieve. That said, if you should ever have to leave your home in the middle of the night because of a fire (heaven forbid), you might be wishing you had on those silk pajamas.

Dear Annie: My heart goes out to "My Sad Story," the woman who remembers traumatic experiences from her youth. Her sister told her to get over it. For years, I had anxiety attacks and even panic attacks but thought they occurred because I was weak in some way. I meditated, repeated positive affirmations, tried to see only the good in people and events, prayed for relief, and got counseling and medication. Nothing worked.

I am now in my late 60s. I recently decided I needed to return to counseling because I could not bear living with a constant high

level of anxiety, which was negatively affecting my quality of life. I didn't have the energy to go on. By chance, I found a therapist who specializes in anxiety and post-traumatic stress disorder. He diagnosed me with PTSD, and I refused to believe it, thinking that I had not experienced the kinds of trauma experienced by military personnel. He reviewed with me the answers I had given to his questions on our initial intake appointment. I learned that I suffered from traumatic experiences in my childhood. It was hard to accept because I had made up so many excuses for my parents' behavior over the years. He told me he could help me get past the anxiety with treatment. In less than two months, my anxiety lifted.

Please tell "My Sad Story" to find a therapist who specializes in trauma and not settle for anyone else. Not every therapist has this training. Symptoms only worsen over time if not treated. — *Relieved and Grateful*

Dear Relieved and Grateful: I'm printing your letter for "My Sad Story" and anyone else who might be carrying unresolved trauma from childhood without even realizing it. Thank you for sharing your story.

## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** Every person you encounter over the course of this day is someone who needs to be there. It's all on track and as it should be. Maybe it's not how you would have planned it, but it's time to trust what is.

**TAURUS (April 20-May 20).** You'll be first on the scene, first to get the memo, first to hear the whisper of a new idea, first to join in with the giggle of novelty. Being first comes with a choice that really affects the future — to share or not to share?

**GEMINI (May 21-June 21).** You like making people laugh. If they are smiling and having a good time around you today, you'll feel you've done your job. Anyone who thinks this doesn't count as work is dead wrong.

**CANCER (June 22-July 22).** You can see so clearly where a project needs to land, so work backward. Begin where you are and visualize to the best of your ability to do it to the extent that you can.

**LEO (July 23-Aug. 22).** Your affirmation of the day: All is well and everything is working toward the highest and best. Repeat often, especially when things are not going according to your plan. Leos are lucky for you now.

**VIRGO (Aug. 23-Sept. 22).** The truth has consequences that will be weighed against the consequences of lies. In other words, people will tell as much truth as they think they can tell without getting into trouble.

**LIBRA (Sept. 23-Oct. 23).** Observe the difference between what's smart and what's wise. Knowledge is not wisdom. The recitation of wisdom is not wisdom. Wisdom is a concentrated extract from a body of experience accumulated over time.

**SCORPIO (Oct. 24-Nov. 21).** One of the hardest things you'll do is something that no one is asking of you: to socialize. It's an implicit expectation. Light interaction will be expected, even when you're not in the mood.

**SAGITTARIUS (Nov. 22-Dec. 21).** It's good for the whole group when the strongest are supported, encouraged and rewarded. However, the strong must never be prized above the weak, who have just as much to teach us, if not more.

**CAPRICORN (Dec. 22-Jan. 19).** Friendships have highs and lows just like romantic relationships do, but without the pressure to get married or break up over it. Differences in sensibility and simple misunderstandings will be easily overcome.

**AQUARIUS (Jan. 20-Feb. 18).** Science doesn't lie, but it will often tell the story of the human being who executed it, funded it, and in turn, did so when needing things to go a certain way. When you get the proof, look for the proof behind that.

**PISCES (Feb. 19-March 20).** Maybe you need more money to finish what you started, but that's only part of it. "Always bear in mind that your own resolution to succeed is more important than any other one thing."

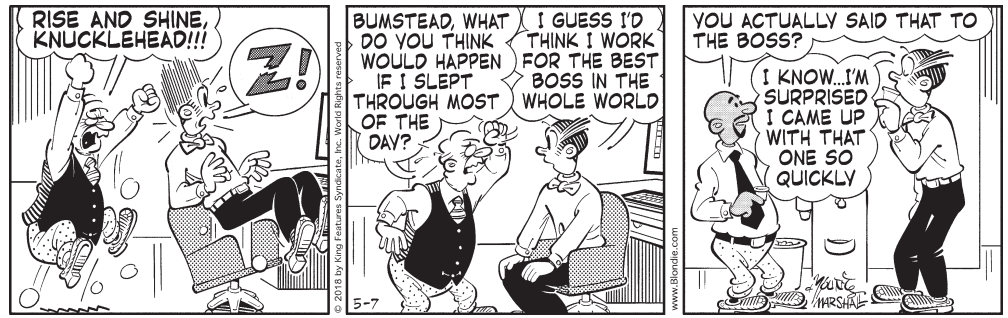
— Abraham Lincoln

**TOMORROW'S BIRTHDAY (MAY 8).** This will go down as one of your most prosperous years in all the ways that matter most. You'll put family first and you'll take care of your own, but community also matters to immensely, as you really feel that everyone is your family. Because of this focus on others, you'll be lavished in love and attention. Aries and Virgo adore you. Your lucky numbers are: 40, 50, 37, 24 and 19.

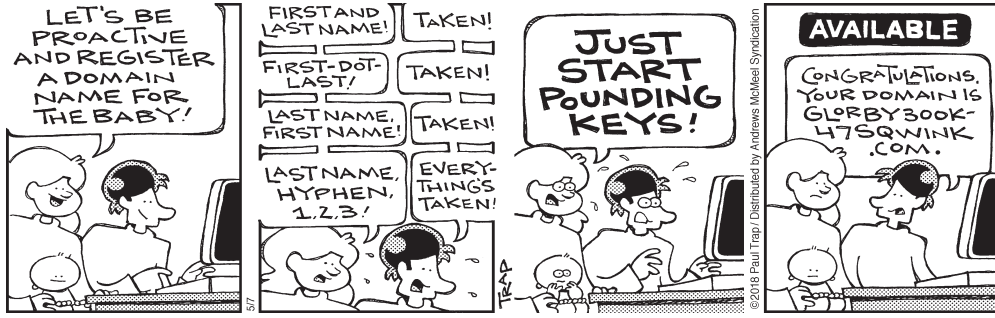
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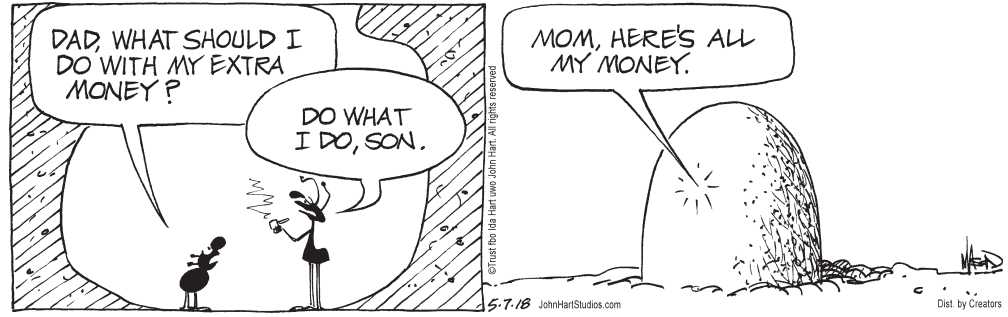
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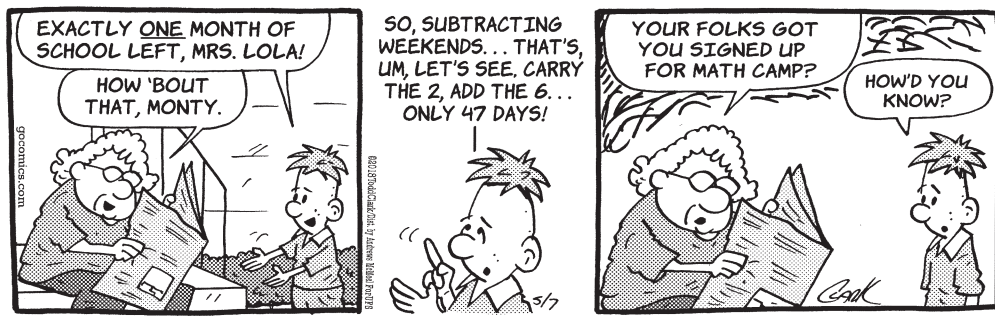
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## B.C.



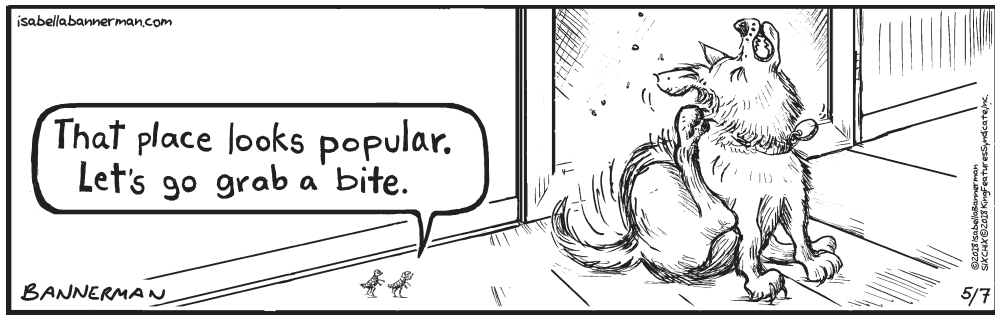
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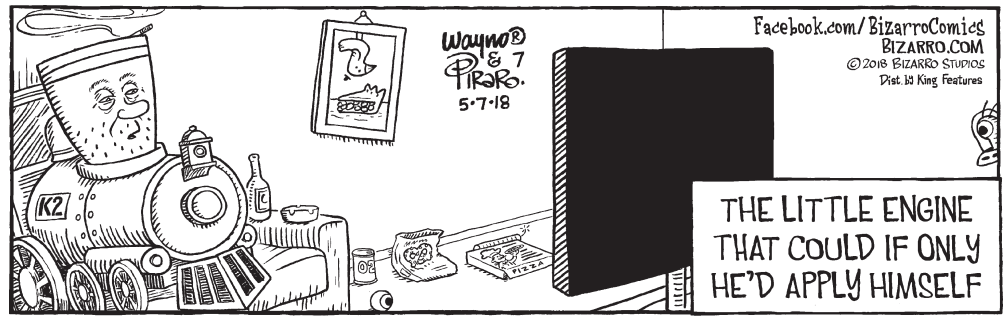
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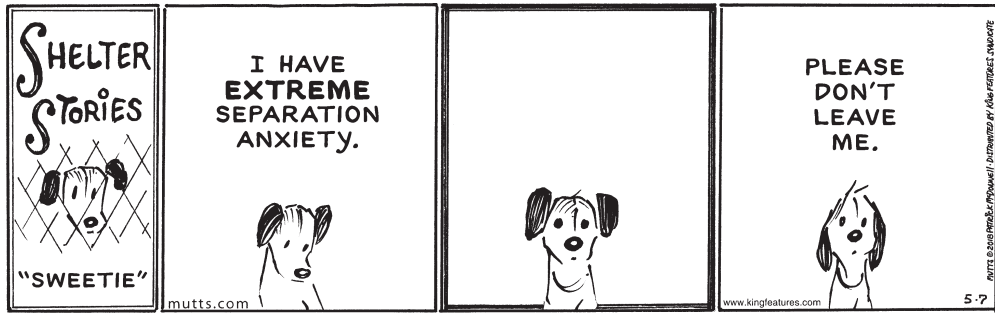
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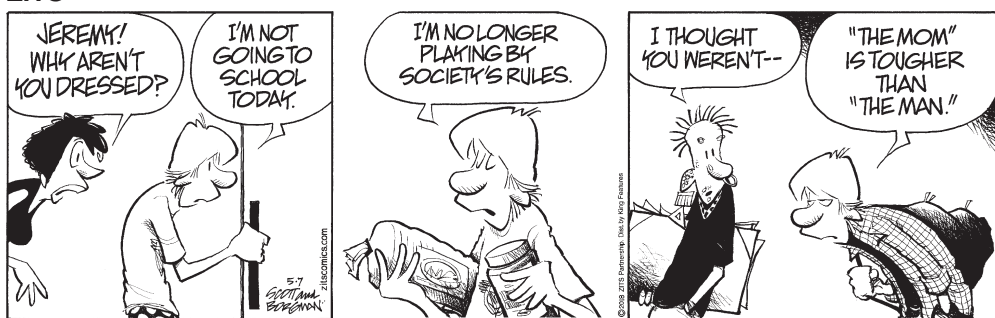
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## WIZARD OF ID



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## ROSE IS ROSE

