



## Media Release

### **Introducing Cool-jams™ cooling sleepwear designed to reduce night sweats**

Anyone who suffers from night sweats will tell you how uncomfortable, inconvenient and even embarrassing they are. Even if you've got the air-conditioner on a sub zero temperature, you simply cannot keep cool.

Night sweats occur for many reasons including menopause, diabetes, obesity, anxiety and even andropause, which is male menopause.

However, cancer patients also suffer terribly and unfortunately until now there have not been many options to help keep the night sweats away. While Hormone Replacement Therapy (HRT) has been shown to help reduce night sweats, breast cancer patients cannot take HRT.

It was from this observation that leading Australian Oncology Nurse, Mary Ryan, saw a real need to help keep these cancer patients comfortable, and cool as possible.

That was what led her to Cool-jams – cooling pyjamas, originally designed by American cancer survivor, Anita Mahaffey, for these exact reasons.

“My initial desire was to introduce the sleepwear range to Australia to help provide relief to cancer patients,” says Mary who has been an oncology nurse for 12 years. “While we can administer pain medication to help control pain, there is nothing that can be done for night sweats.

Initially designed for the Canadian Armed Forces, Cool-jams are made from moisture wicking material that draws sweat and heat from the body to keep body temperature regulated. It is antibacterial meaning it eliminates odour and keeps you smelling fresh, dries very quickly, is anti-pilling, durable, wrinkle-resistant and also light weight. It is softer than cotton and dries four times faster.

Basically, the fibers in the sleepwear pull heat and moisture to the outside surface of the fabric where it quickly evaporates and helps to keep the body temperature regulated.

And the results have been incredible. Just ask Tricia O’Niell, 57 from the Gold Coast.

“I have always worn Peter Alexander pj’s and didn’t think there was anything more comfortable. With my breast cancer diagnosis, also came the night sweats. Cool-jams were recommended and I have to say by far, they are now my most comfy pjs., and they do what they promise - draw the heat away to give you a more comfortable night. Thank you Cool-jams. Thank goodness you are now in Australia.”

And Sharon Bell, 45, from Portsea Victoria.

“They are fabulous! Thank you. I have already referred my friends, who are going through menopause, onto them also. Mine isn’t for menopause, I have Lupus and suffer from night sweats when it flares, and they have been amazing. Thank you.”

That’s exactly why Mary bought this range of Cool-jams sleepwear to Australia. To provide fellow menopause sufferers, cancer patients or anyone else with night sweat issues with an affordable wicking sleepwear option.

Cool-jams is the choice cooling sleepwear in Australia. Available in separates and sets in a great variety of colours, with sizes ranging from S-XXL and some styles starting at size M, prices start from \$36.00

They are also excellent for travelling. In fact, Australia’s Dr John Tickell says they are the best travel pyjamas he has ever come across.

So now you can say goodbye to night sweats and wake up cool and dry.



[www.cool-jams.com.au](http://www.cool-jams.com.au)

Mary-Lou is the Director of Cool-jams Australia & New Zealand. Products are available from the online Cool-jams store, however the company is currently in discussions with a major retail outlet to exclusively stock the sleepwear.

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