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Can Sleeping In My Bra Prevent Sagging?



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By [Jené Luciani](#) (</profile/38442/3497/jen%C3%A9-luciani/>), GalTime Stylist on Wednesday, January 11, 2012

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I've heard sleeping in my bra can help prevent my breasts from sagging. Is this true? - Lyn, New York, NY

Ah, the old sagging debate. There are so many "myths" as to what actually causes sagging. In actuality, it's gravity that has become the enemy of women everywhere. Bras are meant to oppose it, by holding our breasts up as the forces of gravity pull them down. But even with the best of push-up bras, nothing can stop our gals from sagging over time. Genetics play a huge part in whether you'll sag or not, as well as the elasticity of your skin, losing and gaining large amounts of weight (such as in pregnancy) and even if you're constantly exercising without proper support. I delve into this in *The Bra Book* and it literally took an entire chapter. Here's some of what I learned:



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According to Dr. Matthew Schulman, a New York City-based cosmetic surgeon, sagging mainly results from three things: "Loss of skin support or elastin; loss of the internal supporting structure of the breast—known as Cooper's Ligaments—which serve as an 'internal bra'; and involution or loss of breast tissue with age, weight changes, and pregnancy." Dr. Schulman states that there is no scientific evidence that bras have any bearing at all on whether our breasts sag. So, to answer your question, sleeping in a breathable fabric, non-underwire style bra may make some women more comfortable (especially those with very large breasts). However, it's not going to keep those girls up for the long haul.

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