


15 reasons you're waking up to breakouts — and how to fix them!



Colleen Sullivan
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There's nothing worse than going to bed with a flawless complexion and waking up to a face dotted with blemishes. You can blame the zit fairy — or check out these derm-approved dos and don'ts when it comes to preventing morning [breakouts](#) .



9. Do sleep in a cool room.

A too-warm room will cause pores to contract and expand — and once sweat gets in, pores can become clogged and prone to blackheads and breakouts. They'll also become more visible in the morning, says Dr. Paul Jarrod Frank, M.D., director of The Fifth Avenue Dermatology Surgery and Laser Center in New York City. The ideal room temperature: 65 to 68 degrees.