

Get **comfy**! How curling up on the sofa became the height of fashion

The **onset** of winter is enough to make even the most sociable of us want nothing more after work than a simple formula: sofa, **sweatpants**, and a series on the laptop. Guess what? That is not a **cop-out** this year. Sofa dressing is the **off-duty** look for 2018.

comfy 舒服的

onset 开始; 攻击

sweatpants 运动裤

cop-out 逃避

off-duty 下班

The fashion site Man Repeller calls it “sleep leisure” and is in favor of it. So is the retailer Farfetch. “It’s a reflection of a big shift towards comfort,” says Celenie Seidel, Farfetch’s market editor. You could also **credit** Kendall Jenner and Rihanna, with their XXXXL hoodies, and Hailey Baldwin in a **tracksuit** at the airport.

credit 相信; 归功于

tracksuit 运动套装

The move to reclaim comfort clothes for outside the home has been underway for ages. But now it is the clothes you **reserve for** a night in front of the box that are in the fame. You know the kind – the big T-shirt you have had for ages, teamed with **leggings**. The grey trackies and matching hoodie. The comfy nightdress you change into way before bedtime.

reserve for 为...保留

leggings 打底裤

This trend presents as the opposite of the perfectly tasteful, definitely-very-expensive **loungewear** of your best life as presented on Instagram. There is no need for perfectly **groomed** hair and makeup here. Instead, this is a situation for a topknot, no makeup, and a jade roller to hand.

loungewear 家居服

groom 打扮; 装饰

Right now, considering what you wear around only your inner circle feels more modern than dressing to impress strangers in a bar – and, let’s be honest, Instagram sneaks in here. Thanks to the bathroom selfie and #iwokeuplikethis **humble brags**, nowhere is **off-limits** from

the feed. As Man Repeller puts it: “Innerwear is outerwear because what we do inside is no longer private.”

humble 谦逊的

brag 自夸

off-limit 禁止的