

When two women were snapped heading into a supermarket one evening dressed in their nightwear and dressing gowns, it sparked huge debate.

So we ask...

Is it ever OK to go to the shop in your pyjamas?

No

Michelle Rowley, 46, journalist

Even when I struggled to get to the shops with three children under the age of 18 months, I would never have considered giving up what little dignity I had left by wandering the nappy aisle in my sleepwear of shame. I'd have been announcing to the world that I'd completely given up and had no self-respect left.

Those babies are now teenagers, so my mere existence is an embarrassment, but being seen paying for a bottle of Sauvignon Blanc in my fluffy green onesie would no doubt mean their lives were ruined forever. I also don't need to run the high-stakes gamble that I might see my boss, neighbour or children's teacher.

I'm not four years old. I'm quite capable of getting myself dressed, even if it's late at night and I'm just popping out for a pint of milk. Seeing a toddler in

'Pyjamas are for bed, and for bed only'

a matching flannel set in the aisles is endearing. But a fully grown woman in her 40s? I think not.

I got dressed every day of lockdown. Even with nowhere to go, I felt it was important to make a clear distinction between night and day. Pyjamas are for bed, and for bed only. Why would you want to settle down for the night in clothes that have been exposed to all the dirt and germs in a supermarket? Let's keep our standards and our sleepwear sacred. If not, what's next? Slippers to the dentists? Parents' evening in your dressing gown? Soon, we'll be doing the school run in nothing but a towel.



Yes

Donna-Louise Bishop, 39, writer

It's not too many years ago that I experienced the long and hazy days of being a new mum – something I've done three times over now. And I'm sure I'm not alone when I say that some days it was just pure luck that I remembered to brush my teeth or found a sock for each foot.

So, rocking up to the supermarket in my pyjamas, frayed edges and all, really shouldn't be that much of a big deal. No one should be shamed for leaving the house with their children in tow while dressed in inoffensive nightwear. We all have those days. And it's not just parents who have experienced this. I live with an autoimmune condition, so I'm very aware of how debilitating life can be for those who suffer with ill health. Having Crohn's

'No one should be shamed'

Disease sometimes means I barely have the energy to make a trip for the right

food or medication. So if I have to pop to the store in my nightwear, then so be it.

I'm not going to take offence to someone dressed in their PJs. Life's too short. When it comes down to it, what are pyjamas anyway, if not a form of clothing? If it's a choice between being housebound or wearing them outside, I'm not going to pass judgement – and neither should you.



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