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THE MORNING FILE

Trend watch: Sleep is in

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A few things to watch for in 2007, courtesy of the Atlanta Journal-Constitution:

* Sleep will be bigger than ever, even though more and more of us are getting less and less. Or as Marian Salzman, advertising exec and co-author of "Next Now: Trends for the Future" put it: "Sleep is the new sex." (Hence the phrase "more and more of us are getting less and less.")

As recently as last year, when someone said, "He's sleeping with her," you would have concluded they're having sex. From now on, however, "sleeping together" means they're not having sex. Again, Ms. Salzman: "If you're going to have sex, you're still anxious to get a good night's sleep. The trend I'm seeing is master suites broken into two sleeping rooms. This is going to allow couples to be separate by choice and come together as they wish."

* Snoring remains out in 2007. Some people will turn a sitting area in the master suite—something we all have, of course—into a room for snorers or snoring victims. "Mainly women—who are not the snorers—have moved into the space," said Mark Nash, a former real estate broker who published "What's In, What's Out With Homebuyers in 2007." (Male victims of snorers are advised to get in touch with Mr. Nash directly.)

* McMansions, the SUVs of housing, are out because they're environmental disasters. People will gravitate to smaller houses in the inner city or, in Pittsburgh's case, million-dollar condos in easy walking distance of a nail salon. And here we must commend our own Port Authority for accelerating this trend toward urban living with its plan to pretty much eliminate bus service.

WORDS FOR THE NEW YEAR

On the new word front, we draw on DailyCandy.com's latest lexicon for the workplace:

* **golden paratrooper**, someone who is constantly failing upward and benefiting outrageously from his/her apparent failures.

* **promotion sickness**, the queasy feeling one gets when someone really stupid gets promoted. ("Rob's such a kiss up. His golden paratrooping gives me promotion sickness.")

* **reply-arrhea, e-mail incontinence**; the inability to stop hitting Reply to All.