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LIFESTYLE

# Happy shut-eye

*How to create the perfect sleep environment*

**A GOOD NIGHT'S** sleep is vital for your health and well being. From keeping away distractions from your bedroom to maintaining the right temperature, an expert gives some advice on how one can get a sound sleep.

As you get ready to sink into your bed, make the most of it with the help of some tips.

“Creating and maintaining the perfect sleep environment is an essential part of achieving the best possible quality sleep which is vital for health and well being.

“Public health campaigns constantly remind us about the essentials of good diet and exercise but there’s no advice about sleep,” femalefirst.co.uk quoted Jessica Alexander, spokesperson of The Sleep



Council, a consumer education arm, as saying.

A perfect sleep environment should be:

- **Just the right temperature:** The temperature has to be between 16 and 18 degrees centigrade. Feeling too hot or too cold in the night can lead to restless sleep and wakefulness.
- **Kept dark:** Light is a common sleep ‘robber’ so investing

in a good pair of well lined curtains which keep the light out and the room dark can be really helpful.

- **Free from distractions:** So lose the laptop, the mobile, the computer games, the television and anything else that is likely to distract from the serious business of sleep.

- **Comfortable and central to comfortable is a good**

**supportive bed:** The bigger the better (for less partner disturbance) and as good as the budget can stretch to: we spend a third of our life in bed so why compromise on the cost of a good night’s sleep?

- **Relaxing:** The bedroom should be an oasis of calmness and serenity - uncluttered and devoted to the land of dreams. IANS

## EXERCISE THE RIGHT WAY

*Sometimes a certain fitness technique can be bad for you*



**IT'S IMPORTANT TO** take precautions while exercising as it can lead to significant damage to the muscles and the joints. Let’s find out what moves exactly are doing this. Just because the body can perform certain exercises does not mean that they are good for it. Expert Greg Brookes takes a look at some popular exercises and explains why they’re bad for us and offers an alternative.

“There seems to be an epidemic, at the moment, of people in gyms and parks on a mission to totally destroy their body,” femalefirst.co.uk quoted Brookes as saying.

“First up, sit ups or crunches; posture is something that we all need to be aware of and for those who sit hunched in front of a computer all day at work, the worst thing that can be done is crunching your body forward even more for an abs workout.

“Crunches and sit ups only perform 50 per cent of the natural movement of the spine if you are performing them lying on the floor.

If you are going to perform this exercise then at least crunch over a stability ball to get the full range of movement,” he added.

Brookes also says that deadlifts or single deadlifts are the safer alternative.

Unprepared running is harmful, says the expert.

“Over three times the bodyweight goes through each leg during every stride. In order to absorb this kind of shock the body must have good alignment and core strength.”

“The core stabilises the pelvis to provide a solid platform for the legs to operate under. Sadly most people have very weak core muscles due to inactivity and due to excess sitting most people also have bad joint alignment and stabilisation from head to toe,” said Brookes.

Hence, it’s important that if you want to start running, losing excess weight through diet and bodyweight exercises to improve core strength and joint stability would be a safer starting point. IANS

## ALIGN YOUR LIFE

### *Feng Shui Friendly Numbers*

**M**ANY PEOPLE BELIEVE in the power of numerology. Certain numbers are preferred over other numbers. Different spiritual practices also have preference for numbers. Many superstitions are also attached with certain numbers. For example number 13 is considered to be the most inauspicious number and many Hollywood movies have also been produced on this superstition. Hong Kong - where I lived for many years, also has many buildings that do not have the 13th floor or number 13 in an elevator. In any buildings that do have 13th floor, rents are cheaper as many tenants are hesitant to rent on that floor.

However in the science of astrology certain numbers are linked with planets, while in Feng Shui, current and future prosperity numbers are given importance.

So the question is, do the numbers impact our lives and by embracing certain numbers will prosperity follow? Let’s look at it from a Feng Shui perspective and understand the significance of prosperous numbers in relation to your life and your environment.

The Flying Star school of Feng Shui is based on the principle that the energies in our environment change every 20 years and these changes impact our living surroundings. Every twenty-year cycle is considered to be one period and we have a total of nine periods, after which the cycle goes back to period 1 again. Currently we are in period 8 until 2024 and then period 9 sets in until 2044, followed by period 1 for another twenty years. Therefore in Flying Star Feng Shui numbers 8, 9 and 1 are considered to be prosperous numbers as they represent current and future prosperity.

The element representing number 8 is earth. Therefore once you locate the position of number 8 in your home, activate the energy by displaying earthen objects such as pots or use earth colours for the walls. You can also use fire colours to enhance this element. Displaying a water fountain in this location will also help in enhancing prosperous energy. The element representing number 9 is fire. Once you identify the location of this number in your home, display red candles or bright coloured objects to activate the associated energy. The element representing number 1 is water. Displaying a fish tank or a live moving water body can help boost this prosperous energy. You can also activate the energy in these three numbers by leaving the area open as it supports the movement of light and energy movement.

Remain focused on the numbers 8,9 and 1 to harmonise and balance your living environment.

**Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. Email [align@shivaniadalja.com](mailto:align@shivaniadalja.com)**

