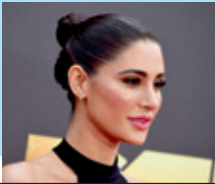


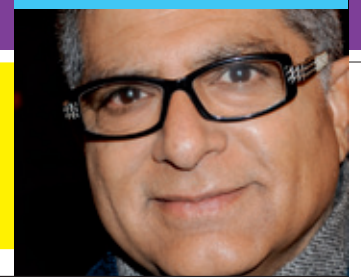
LOOKING INTO LIFESTYLE

MY BYTE

Walk 10,000 steps: Nargis

How did *Spy* star Nargis get into shape for the action-packed role? "Move your butt, walk 10,000 steps, drink 2-3 liters of water every day and eat more veggies. It's that simple," recommends Nargis.



The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years."

DEEPAK CHOPRA


Diet deeply affects your sleep quality



The study findings were presented at SLEEP 2016 - a joint meeting of the American Academy of Sleep Medicine and the Sleep Research Society held in Denver, Colorado, from June 11 to 15.

A **INDIVIDUAL'S CALORIC** intake and body weight can deeply influence the time spent in specific sleep stages, says a new study. Researchers from the University of Pennsylvania analysed sleep patterns among 36 healthy adults who experienced two consecutive nights of 10 hours in bed per night at the university hospital.

Using polysomnography, the researchers recorded physiological changes that

occur during sleep on the second night. Body composition and resting energy expenditure were assessed on the morning following the first night of sleep, while food and drink intake was measured each day.

The researchers found that body mass index (BMI), body fat percentage and resting energy expenditure were not significant predictors of sleep stage duration, but that overweight adults exhibited a higher percentage of time spent in the rapid-eye movement (REM) stage of

sleep than normal-weight adults. REM is a sleep stage when dreams typically occur characterised by faster heart rate and breathing.

The researchers also found that increased protein intake predicted less stage 2 sleep - the period when a person's heart rate and breathing are relatively normal and his/her body temperature lowers slightly - and predicted more REM sleep.

"In a culture of increasing pressure to sacrifice sleep to maintain productivity, this research adds to the body of

knowledge on how lifestyle behaviours may influence the quality of our sleep" said study lead author Andrea M. Spaeth.

A 2013 study found that those with late bedtimes and chronic sleep restriction may be more susceptible to weight gain due to the increased consumption of calories during late night hours. A 2015 study from the same group found that eating less late at night may help curb the concentration and alertness deficits that accompany sleep deprivation. *IANS*

ALIGN YOUR LIFE

The Perfect Feng Shui Myth

Every now and then people ask me, is your home Feng Shui friendly? Does your office have perfect Feng Shui? The fact of the matter is neither my home nor office have perfect Feng Shui. When I selected these properties my aim was to find a place that can be balanced through Feng Shui. It is next to impossible to find a property that has perfect Feng Shui.

Let me explain why. As per Flying Star School Of Feng Shui, the energy within our environment changes every 20 years. These energies can't be seen, but impact our everyday life. They keep rotating in a timely manner from one area to another. This rotation continues every 20 years. As a result what is considered prosperous now will be outdated after 20 years and when new energy becomes prosperous. Therefore it is important to remember that when you buy a home, office or an apartment the current prosperous energy might not be there for too long. The key is to pick a property that takes into consideration the change of energy over next 60 to 80 years and then balance it every 20 years.

The best example of this is the Hong Kong Shanghai Bank headquarters in Hong Kong. This bank was built in 1985. The Feng Shui master who designed the bank took into consideration the energy change that would happen in 2004 and then in 2024. Therefore the bank built three entrance doors for every 20 years of energy change. From 1985 to 2004 one door was used. From 2004 to 2024 another door was opened and from 2024 to 2044 the third door will be opened. As a result in spite of change of energy every 20 years, the bank will benefit from new energy by opening a door in the good direction where the new energy resides.

Many examples of this kind of Feng Shui design can be seen all over China, Singapore, Hong Kong, Russia and Malaysia. An experienced Feng Shui master will take into consideration the main entrance of the hotel and then based on future change of energies, propose alternate doors and entrances for the hotel. These doors or entrances are generally opened only when the energy change happens.

These kinds of changes may be possible for big hotels but for small residential properties it might not be possible to have an alternate entrance. As a result a window or open space is generally preferred where the future energy change is likely to happen. That way by opening a window in that direction or placing a water fountain in the prosperous energy, you can tap into the good energy. Feng Shui is all about balancing the energy and no solution is perfect as the energy will change every 20 years.

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