



● A NEW study has shown spectacles can make you look older. That was the view of 4000 people in a test carried out for the London Vision Clinic.

People in one group were shown 10 pictures of individuals with glasses and asked to guess their age and discuss their physical attributes, while those in another group were asked to do the same, this time with the individuals not wearing glasses.

On average, those wearing glasses were put at 3.3 years older and, when it came to over-45s, it added five years to their age.

Health

A to Z of the ZZZZZs

WE all need to recharge after a long, hard day, writes *Kenny Millar*.

But, like the old wives' tales, a lot of nonsense is spread surrounding sleep.

Here's our myth-busting guide to 10 tall tales.

1. "It's good to catch up on lost sleep at the weekend."

It's tempting to get a lie in when free of work, but it's more important to keep a regular sleep schedule. A regular time for going to bed and waking up will help you achieve quality sleep at night.

2. "Exercising at night will help you fall asleep faster."

Enjoying regular exercise will help you sleep better, but not if you finish working out later than three hours before you hit the hay. Exercise raises your body temperature and it takes about six hours to cool down properly, keeping you up in the process.

3. "The elderly need less sleep."

The truth is we all need the same amount of sleep, seven to nine hours, regardless of age. All that happens as you get older is that your sleep patterns are more likely to change.

4. "Your brain needs sleep to rest and recharge."

We need sleep, but not so the brain can rest. It's the body that needs reinvigorating. Even when we're sleeping, the brain is still working away, controlling bodily functions like breathing.

5. "If you wake up in the middle of the night, getting up will only make it worse."

If you can't get back to sleep within 15 minutes, it's actually better to get up and about. Go to another room and do something to take your mind off it, like reading or listening to music. If you lie there stressing about not sleeping, you'll only get more anxious.

6. "It's good to wind down in your bedroom before going to sleep."

Actually, the more activities you link to your bedroom, like watching telly, reading or working on the computer, the harder it is to fall asleep when you want to. It's important to only use your bed for sleep if possible, to strengthen the association between bed and sleep.

7. "Add layers if you want to get to sleep faster."

The body tends to go to sleep quicker when it's cooler. So, opening a window to let in fresh air may actually be more beneficial, though you don't want to freeze either!

8. "Snoring is common and totally harmless."

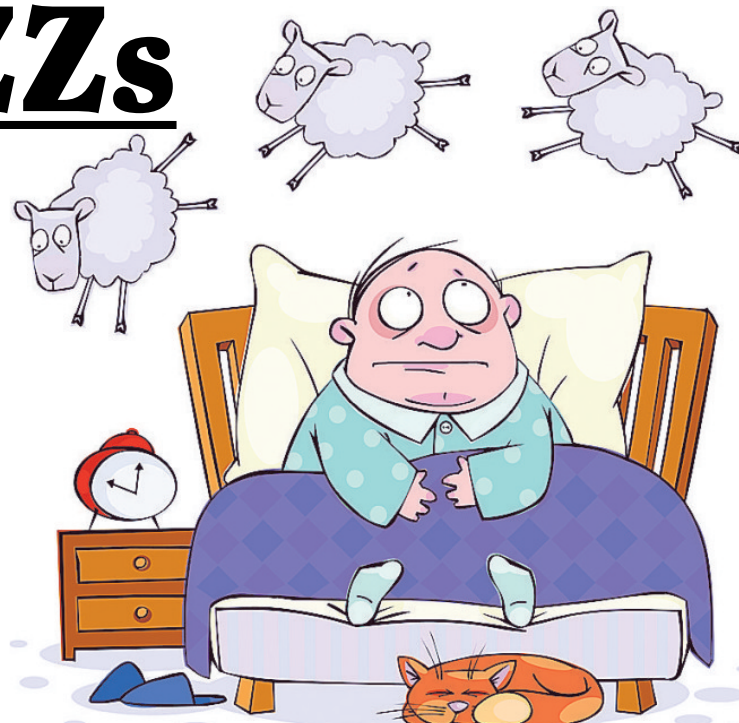
In most cases, yes, that's true. But it might also be a symptom of sleep apnoea — a sleep disorder — which can prove life threatening. If you snore loudly and there are long gaps between each snore, it's best to consult your doctor. It's perfectly treatable.

9. "Alcohol, like a nice glass of wine, will help you drift off to sleep."

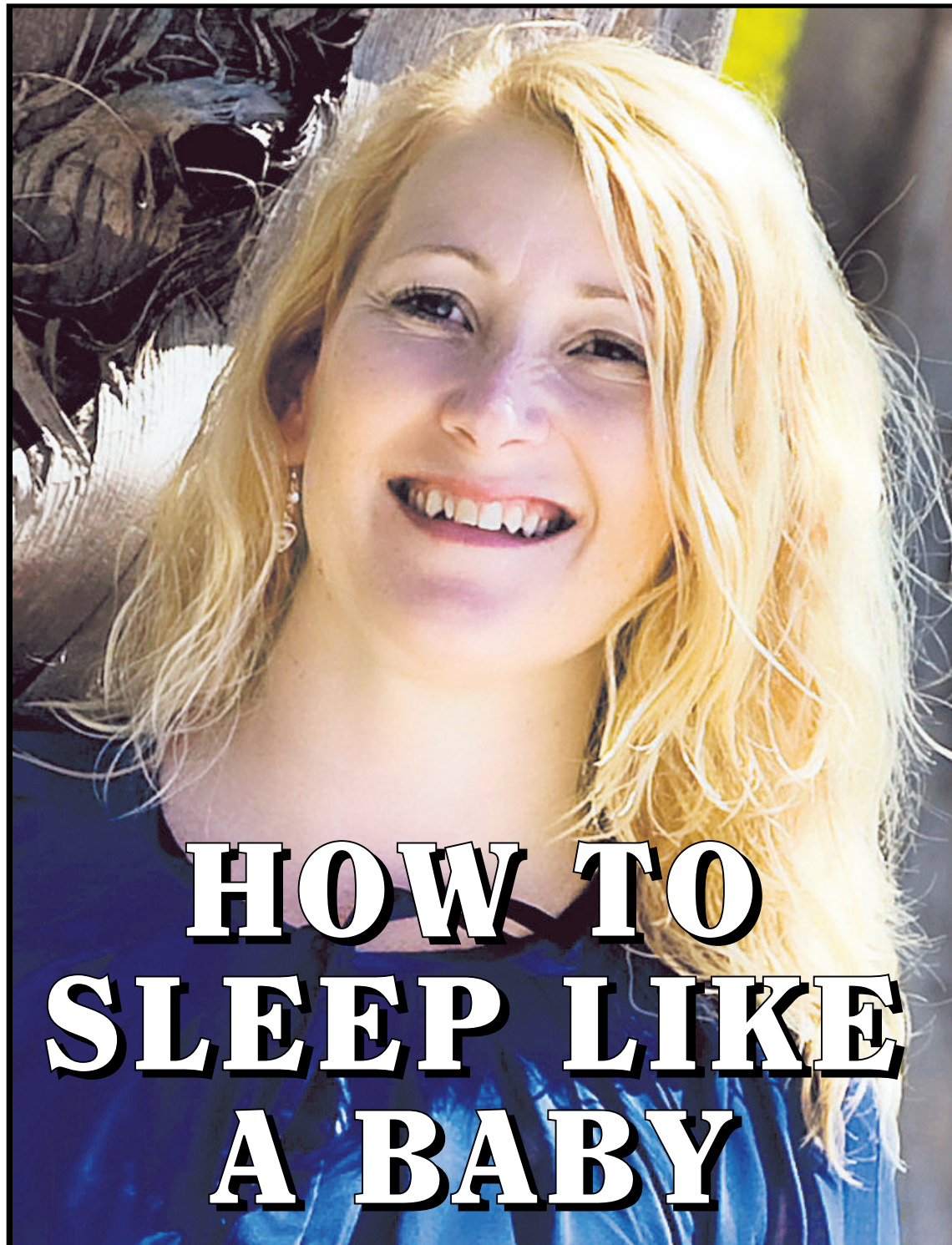
It may put you to sleep, but it's more likely to be interrupted. You'll wake up in the middle of the night and have to deal with question five!

10. "Insomnia doesn't discriminate between men and women."

Actually, women are twice as likely to report sleeping problems than men. A woman's sleep is uniquely influenced by her menstrual cycle, stage of life, general health and other external issues like life responsibilities. So, it can vary even over the course of a week!



COUNTING sheep can help you fall asleep, according to researchers, but only if you have a "flock" of around 1000 and count backwards in groups of seven!
It seems sheep = sleep only if you work out complicated sums.



HOW TO SLEEP LIKE A BABY

by Bill Gibb

IT'S so debilitating, it can tip new mums right to the edge. But Jo Tantom (pictured) is sure she has the solution for babies that just won't sleep.

She's one of the UK's leading baby sleep experts and practices what she preaches by moving in with shattered families and taking over baby duties through her private Rescue Packages.

And now, as she prepares to join Myleene Klass and Annabel Karmel at The Baby Show in London (Oct 22-24), Jo has been sharing some of her tips on how to get a good night's sleep.

"I've always known I wanted to work with babies and seem to have the knack of being like the Pied Piper and get children to follow me," laughs Jo.

"I did all my exams and qualifications and worked in hospitals and then did maternity nursing.

"That's when I first came across really working with a schedule, instead of demand feeding and found it really worked. I researched absolutely everything and also tried every anecdote and old wives' tale.

"And, finally, I came up with a formula that worked every time."

Emergency pleas

Jo has travelled the world helping out new mums, moving in for around a month at a time.

And she also answers emergency pleas from parents at the end of their tether through babies simply refusing to sleep.

"It can completely mess up your whole family life," says Jo. "I've had parents crying on the phone and one lady, who had a seven-week-old baby that just screamed all night, called to say that if I didn't come, she'd have to take the baby to the emergency room and leave it there because she was so tired she didn't know what else to do.

"Being so sleep deprived can bring on post-natal depression and it can spark so many family rows.

"Parents can even get to the point where they start resenting the baby."

However, Jo has come up with well-practiced techniques.

"If you have a baby that has a sleep issue and you're rocking and holding it, then it thinks that's what it needs to get to sleep," explains Jo.

"Soothing music like rain or waves sounds or white noise helps. Then stroke the baby from the forehead down to the nose repeatedly and pat

the shoulder or, with smaller babies, put your hand on the chest, and move the baby slightly.

"Then leave the room and listen. Give them time to settle and only go back in if they're upset.

"Do the same routine for one or two minutes and then go out again.

"You're listening to your baby and letting them know that if they need you, then you will come in and 'shoosh' them, but you'll then go away and let them fall asleep on their own.

"And, with feeding, I'd put a newborn baby on a three-hour feeding schedule, so they'd be feeding very regularly through the day.

"They'll also be having a nap about every hour.

"I always tell mums to wake babies up 15 minutes before they're due to have a feed.

Body clock

"Once you wake the baby up and change their nappy, they're then ready for a very good feed.

"In 24 hours, a baby can only have one long sleep, just like we do. And, obviously, you want them to have that sleep while you're having yours.

"So, you want to wake your baby at 11pm at night for what I call a 'dream feed' before you go to bed.

"That then helps reset their body clock so they'll have their long sleep between 11 and 7.

"A newborn will typically wake at two in the morning and, if you keep feeding them at that time, they'll still be waking for a feed then at five months, not because they're hungry, but just because it's a habit."

Jo, from Nottingham, has written a bestselling book, *Baby Secrets*, and is working on another one. Details can be found at www.babysecretsltd.com