

# StarSpecial

THE STAR, WEDNESDAY 9 JUNE 2021

THE ART OF HOME & LIVING



## In pursuit of comfort

Besides being a roof over our heads, our homes should be a place for us to relax and recharge.



# Good health with quality sleep

MANY of us underestimate the significant role of sleep – similar to our smartphones, our body also needs to be fully recharged to function optimally the next day.

To develop a healthy sleep pattern, we must first know the different stages of sleep.

Generally, a full sleep/wake cycle comprises five sleep stages: Stages 1-2 (light sleep), Stages 3-4 (deep sleep) and Stage 5 (Rapid Eye Movement sleep).<sup>(2)</sup>

Restful sleep is gradual and disruptions such as bright lights, surrounding noises and uncomfortable temperature can interfere with the sleep stages.

The average amount of sleep needed is based on age. The National Sleep Foundation recommends adults (18-64 years old) and senior citizens to have between seven and nine hours of sleep, while adolescents and school-going children as young as six years old need between eight and 11 hours.<sup>(1)</sup>

Infants and preschoolers have greater sleep needs, which is estimated at between 10 and 17 hours.<sup>(3)</sup>

Sleep and health are intertwined. If you neglect to get proper sleep, you may experience one or more of these effects of sleep deprivation:

- Trouble getting up in the morning
- Struggling to focus
- Increased irritability, depression and/or anxiety
- Feeling drowsy during the day
- Sleeping much longer than usual

If you are chronically sleep-deprived, seek medical consultation.

It may indicate underlying physical or mental health problems.

Benefits of practising consistent, healthy sleep habits:



Our sleeping environment is crucial for an uninterrupted rest and no other brand understands sleep better than Getha.

## 1) Reduced inflammation

One study has shown that insufficient sleep triggers inflammatory reactions, among which are linked to cardiovascular diseases.<sup>(4)</sup> During our deep sleep cycles, the body carries out housekeeping functions, including reducing inflammation.

## 2) Improved concentration

A sleep-deprived person is unable to acquire new information introduced to the brain. Therefore, the consolidation of memory cannot be performed, resulting in the inability to access the information (consciously or subconsciously) after it has been stored – you will have a hard time being present and recalling certain events.

## 3) Eating fewer calories

To stay wide awake, sleep-deprived individuals may notice an increase in calorie intake throughout the day as our body needs energy to function. Sleep provides rest for

every vital organ, which subsequently diminishes unhealthy cravings.

## 4) Decreased risk of heart disease and stroke

A research team at the Warwick Medical School has discovered that sleeping for less than six hours per night and having disturbed sleep are linked to a 48% chance of developing or dying from heart disease and a 15% increase in developing or dying from a stroke.<sup>(5)</sup>

## 5) Reduced risks of developing Alzheimer's disease

Although there has yet to be evidence concerning poor sleep in the development of Alzheimer's disease, a promising clinical trial tests the potential of sleep in treating this progressive brain disorder.<sup>(6)</sup>

If sleep is not on your priority list, you might face an early onset of Alzheimer's, which can start when a person is in their 30s

to mid-60s.<sup>(7)</sup>

Besides an understanding of the sleep process, a mattress also plays an important role in enabling us to optimally complete our sleep cycle. Our sleeping environment is crucial for an uninterrupted rest and no other brand understands sleep better than Getha.

Having a hard time falling asleep? Experiencing pains and aches due to uncomfortable posture?

Let Getha's sleep consultants guide you in choosing the right pillow and mattress for all-night ergonomic support.

Get to know the benefits of Getha's high-quality latex mattresses and other bedding items today.

■ For details on Getha's 100% natural latex bedding products, visit [www.getha.com.my](http://www.getha.com.my) or drop by any of the 16 Getha Sleep Therapy Centres nationwide for a consultation customised to your needs.

## Sources:

<sup>(1)</sup> <https://www.thestar.com.my/lifestyle/health/2020/06/11/when-your-child-is-not-sleeping-well>

<sup>(2)</sup> <https://www.sleepcycle.com/how-sleep-cycle-works/>

<sup>(3)</sup> <https://www.sciencedirect.com/science/article/abs/pii/S2352721815000157>

<sup>(4)</sup> [https://academic.oup.com/nutritionreviews/article/65/suppl\\_3/S244/1911960](https://academic.oup.com/nutritionreviews/article/65/suppl_3/S244/1911960)

<sup>(5)</sup> <https://www.nursingtimes.net/clinical-archive/cardiovascular-clinical-archive/sleep-deprivation-can-cause-strokes-10-02-2011/#:~:text=Stroke%20or%20heart%20disease%20susceptibility,adverse%20effect%20on%20cardiac%20health>

<sup>(6)</sup> <https://clinicaltrials.gov/ct2/show/NCT02615002>

<sup>(7)</sup> <https://www.nia.nih.gov/health/what-are-signs-alzheimers-disease>

# MESH SECURE

## Security Mesh Doors & Windows

- Burglar Protection
- Clear Vision
- Ventilation
- Pest Barrier

- Anti Corrosion
- Impact Resistance
- Energy Saving
- UV Reduction

**HIGH TENSILE Security Mesh**

### How Safe Is Your Home?

**Tested, Proven & Certified**

SURPASS AUSTRALIAN STANDARD :

- Dynamic Impact Testing
- Jemmy Testing
- Knife Shear Tests
- Salt Spray Tests

Any enquiries please call:

## 1-300-88-6374/ 012-4922419

Email : [sales@meshsecure.com.my](mailto:sales@meshsecure.com.my)  
[www.meshsecure.com.my](http://www.meshsecure.com.my)

**Come Visit Our Showroom in Kota Damansara**

**Opening hour : Mon-Sat (9am to 5.30pm)**

Authorised Dealers:

Kuala Lumpur, Penang, Ipoh, Johor,  
Kuantan, Melaka, Seremban,  
Sabah  
Sarawak

**Mesh Security Screens (M) Sdn. Bhd. (1351589-V)**

7, Jalan Teknologi 3/3A,  
Surian Industrial Park,  
Kota Damansara.



The top shelf of your refrigerator should be brimming with items such as fruits, vegetables and water.

## Reorganise your fridge

IN the midst of a spring cleaning blitz, the most important thing to tackle is the beloved refrigerator.

Spilled food and drinks can harbour bacteria and germs, which can make you sick. After the refrigerator is clean, it is time to reorganise. Something as simple as changing the location of food items can have a huge impact on your eating habits.

Want to eat more of the good stuff? Here's how to organise your fridge, and make that happen:

### Top shelf

Although most of us love to put our fruits and veggies down in the crispers, that good food is often forgotten at the bottom of the fridge.

So, move the good stuff up to the top. Your top shelf is the shelf that says, "I can freely eat these foods." That top shelf should be brimming with items such as fruits, vegetables and water.

### Second shelf

Store a plethora of protein and healthy snacks here. This shelf is at eye level, and you want to keep food here that will grab your attention. This is the "snack and go" shelf. Stock it with low-fat yoghurt, cheese, hummus, eggs, cottage cheese, nuts as well

as nut butters.

### Third shelf

This is the meal prep and thirst-control area, the place to store the components of the day's dinner. Items can include marinated lean meat, cooked brown rice and quinoa.

### The door

Consider the door a place for "flavour enhancers". This is where you house the items that will add a little zing to your healthy meal. The door is the place for salsa, mustard, fruit preserves, low-fat salad dressings and fresh herbs.

### The freezer

The freezer is the place for food that lasts. Some of the best deals come in bulk, so stock up. Avoid buying processed food, which has a high sodium content. It is a good idea always to have frozen veggies and fruit on hand to toss into stir-fries and smoothies.

The key to spring cleaning is to structure your space in a way that enables you to be the best you can be.

A fresh home environment and a clean and organised fridge give us a sense of accomplishment and a new drive to better ourselves. – Detroit Free Press/McClatchy-Tribune Information Services



# Secure screens for your home

WE often worry about unwanted “guests” such as intruders, stray animals and annoying insects that may affect our security and health.

Mesh-Secure premium security doors and windows are an effective way to maintain security while allowing clear vision and ventilation. This aesthetically pleasing and functional product is of Australian ingenuity.

Mesh-Secure screens are meticulously woven from high-tensile wire into a stainless steel mesh, and are guaranteed against rust for 20 years.

The screens allow a free flow of fresh air into your home, naturally cooling your living space. At night, windows can be left open without worry.

The high-tensile mesh is resilient and almost impossible to cut or break. In an emergency, locks and handles can be easily opened from inside. Mesh-Secure security screens are custom-made and come in a variety of colours.

The frames are powder-coated to fulfil a product lifetime of over 10 years. The frames are made from heavy-duty aluminium and Mesh-Secure’s product development team can custom-design its products to meet architectural design and security requirements.



Mesh-Secure screens are meticulously woven from high-tensile wire into a stainless steel mesh.

Mesh-Secure’s product range includes awning windows, case-ment windows, hinged doors, sliding doors and windows, stacker doors, fixed panels, pool fencing and balustrades.

Mesh-Secure has spent considerable resources on engineering its products to pass numerous tests.

Mesh-Secure comes in three different specifications depending on your budget and requirement.

■ To view Mesh-Secure’s products, visit the showroom at 7, Jalan Teknologi 3/3A, Surian Industrial Park, Kota Damansara, Petaling Jaya (from 9am to 6pm, Monday to Saturday).

Call for appointments on public holidays. Dealer enquiries are also welcome. Call 1300 88 MESH (6374) or 03-6156 1615 or log on to [www.meshsecure.com.my](http://www.meshsecure.com.my) for more information.



Little dirt traps around your house can lead to germs threatening your health.

## Targeting the missing spots

ARE you tidy in general but too tired from working all week long to really get into spring-cleaning mode? If so, there may be a few places that your regular routine misses. As some of these little dirt traps can lead to germs threatening your health, check out this list so that you don’t miss a spot the next time you’re spring cleaning.

### Light and electrical switches

You have probably noticed that the light by the front door needs wiping down every week but have you looked at the little button on the extension chord that your hair dryer is plugged in to?

Go around the house with a cloth sprayed with a little alcohol, and wipe down all the switches you see.

### Refrigerator coil

Some refrigerators are designed in such a way that you can’t easily

get to the coils without one of those licensed warranty people coming round to do it for you.

But if you can see coils, you should check if they’re growing dust bunnies. If they are, they will make your fridge less efficient.

To clean them, read the manual. Note: some cleaning fluids may damage coils so be sure you’re using the right stuff. If you have lost the manual, call the brand’s local service centre and ask.

### Air-cond vents

Those little slots on the air-cond pick up every bit of dust that circulates in the air. And as it’s high up on the wall, you have probably not noticed.

The trouble is that some of this dust will remain in the air and you’ll be breathing it in. While you get out your mini ladder and wipe it down, check the top of the machine too.



## Need help with your dirty air-cond? Go Daikin lah!

AIR CONDITIONING CLEANING SERVICES AT YOUR FINGERTIPS ANYWHERE ANYTIME

\*Go Clean Service currently only available in Selangor & Kuala Lumpur.



Trusted And Secured



Certified Air Conditioning Specialist



60 Days Workmanship Warranty



With the GO CLEAN feature of the Go Daikin app, you can now easily and conveniently book a trusted and secured air conditioning cleaning service that not only comes with the services of our certified air conditioning specialist but also 60 days workmanship warranty. Enjoy the cooling comfort with a peace of mind!



AVAILABLE AT:



Enjoy 15% off capped at RM100 of total bill for your first GO CLEAN service!

LAUNCHING PROMO CODE : **GOCLEAN15NW**

Scan the QR code to find out more!



Need Help With Your Dirty Air-Cond? #GODAIKINLAH



# Fuss-free and app-solutely easy

MOBILE applications have become an important part of our modern day living compared to a decade ago.

We now use apps for everyday tasks such as Google Calendar to time block our days and e-hailing services that deliver your favourite foods right to your doorstep.

In 2020, the rise of a new social media app, TikTok, not only shot users to stardom but also garnered millions of downloads, more than doubling to 107 million in April 2020 from a year earlier. <sup>(1)</sup>

But did you know that you can now easily book your air-conditioning cleaning services on an app as well?

Launched back in July 2020, the Go Daikin app aims to integrate Daikin Malaysia's products and services into a single app with hopes of capitalising on market digitalisation. <sup>(2)</sup>

This year, Daikin launched its latest air-conditioning cleaning service feature, known as Go Clean, on the Go Daikin mobile app.

Go Clean is the new cleaning service feature of the Go Daikin app which previously included Wi-Fi smart control features (Go Convenience, Go Save, Go Comfort, Go Share).

With the Go Daikin app, you will be able to easily order two types of air-conditioning cleaning service packages through Go Clean, which is currently only available in the Klang Valley region.

The Go Clean basic plan cleans the indoor part of your air-conditioning unit. This includes the air filter, body and casing, motor, blower, evaporator coils with chemical solutions and the drainage pan and pump.

Meanwhile, the Go Clean pro plan covers both the indoor part of your air-conditioning unit like the basic plan but also includes the outdoor part, which means added cleaning service for the condenser coils with chemical solution, body and casing, check running current pressure and voltage, wiring connection, compressor capacitor and refrigerant level.

Daikin intends to make it easier and more convenient for its customers to book a trusted and secure air-conditioning cleaning service on its platform, one that comes with its own certified air-conditioning specialist and with 60 days' workmanship warranty.

You can enjoy service booking from the comfort of your home with just a few swipes on your

**"In collaboration with Jabatan Tenaga Malaysia (JTM), Daikin provides specialists who are trained and certified under the Air-Conditioner Certified Technician (ACCT) qualification to ensure the highest quality is upheld."**

smartphone. As an added safety feature, Go Clean shares the servicing technician details with you upon their arrival as well as a secure payment gateway to ensure that you are well informed after booking its service.

In collaboration with Jabatan Tenaga Malaysia (JTM), Daikin provides specialists who are trained and certified under the Air-Conditioner Certified Technician (ACCT) qualification to ensure the highest quality is upheld.

Here is a step-by-step guide on how to use the app:

- Step 1: Key in location
- Step 2: Select preferred service package
- Step 3: Select property type
- Step 4: Select date and time
- Step 5: Enter contact details
- Step 6: Confirm service request and make payment

Once the service appointment is confirmed, customers will receive both a security and a verification code in the Go Daikin app. Upon job completion, the customer will receive a service report sent directly to their email.

■ For more information, visit [goclean.daikin.com.my](http://goclean.daikin.com.my)

**Reference:**

<sup>(1)</sup> <https://www.thestar.com.my/tech/tech-news/2021/05/06/tiktok-and-douyin-still-the-worlds-most-downloaded-non-game-apps-but-growth-has-slowed>

<sup>(2)</sup> <https://www.thestar.com.my/news/nation/2021/05/05/daikin-launches-new-air-conditioning-cleaning-service-on-its-mobile-app>



Daikin has launched Go Clean, its latest air-conditioning cleaning service feature, on the Go Daikin mobile app to make it more convenient for you to get your air-cond cleaned.

## Recharge Your Sleep Protect Yourself



NEW COMPASS  
COLLECTION

### biocare<sup>®</sup> RADIATION PROTECTION Build stronger immunity through better sleep

Getha Biocare Compass Sleep System brings you a revolutionary breakthrough in sleep protection against your daily exposure towards harmful low frequency radiation. Protect you and your family's sleep and well being with Getha's innovation.

Mattress price from RM5,399

**FREE** | BIOCARE DUVET  
worth up to RM2,888

with every purchase of Compass King or Queen size mattress.

\*Terms & Conditions Apply.



DAIKIN



AVAILABLE ON:



Go Clean offers two types of air-conditioning cleaning; the Go Clean basic and the Go Clean pro plan.

GETHA SLEEP THERAPY CENTER

SELANGOR - Pavilion • Mid Valley • 1 Utama • Sunway Pyramid • Jalan Universiti, PJ • Viva Home • Atria Mall  
• AEON Bukit Tinggi • PENANG - Gurney Plaza • Queensbay Mall • Jalan Masjid Negeri (Flagship store)  
• NEGERI SEMBILAN - AEON Nilai • MELAKA - AEON Melaka • JOHOR - Mid Valley Southkey  
• Paradigm Mall • AEON Tebrau • Jalan Kempas

WhatsApp  
to find out more



GETHA  
Since 1969