

StarSpecial

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WORLD SLEEP DAY

Good sleep for good health

GETTING a good night's sleep is crucial for maintaining a healthy body and mind. During sleep, the body repairs and rejuvenates itself while the brain consolidates memories and learns new skills. However, a lack of sleep can lead to various health problems such as obesity, diabetes, cardiovascular disease and depression. Therefore, it's essential to get enough high-quality sleep to maintain good health and well-being.

To improve sleep quality, one of the most effective ways is to reduce stress and promote relaxation. Stress is one of the leading causes of sleep disorders and prolonged stress can lead to chronic insomnia. Massage therapy is a proven way to reduce stress and promote relaxation as it can help reduce muscle tension, lower blood pressure and release endorphins, the body's natural feel-good hormones.

The Gintell S6 Wellness SuperChAiR is the latest model in the SuperChAiR Series and can be highly effective in improving sleep quality as it combines six unique humanised massage techniques and 20 Wellness programmes that

emphasise total well-being.

The Gintell S6's first AI Fatigue Bio-Scan technology is a breakthrough in massage chairs. With just a 30-second touch on the "thumb panel," the Bio-Senses system can scan and assess the user's heart rate, blood oxygen and fatigue index to provide a customised massage programme appropriate for the user's present index. The Gintell S6 also has a body scanning system that measures and scans the user's physique. The newly developed AiR-3D roller balls can now protrude up to 13cm, enabling a smarter, humanised, focused and intense massage.

The massage chair also comes with a 360° Heat Spa Therapy which is the first cutting-edge heat spa therapy that warms up body areas on the back, waist and calves through its airbag. Additionally, it has a crossed-over cloak-like strap that allows heating on the abdomen. It helps relieve overall muscle tension and relaxes abdominal muscles to relieve pain caused by muscle spasms or menstrual cramps.

The Gintell S6 Wellness SuperChAiR also includes the

Stretch 230° programme which is endorsed and consulted by renowned tit-tar master Datuk Seri Master Chris Leong. This programme is similar to doing a light stretching exercise that loosens up joint stiffness and improves body alignment and flexibility.

Finally, the brand-new enhanced heat and calf therapy feature of Gintell S6 makes knee massage possible. This is highly recommended for the elderly and sportsmen because it increases joint flexibility and helps create a greater range of motion. Heat therapy can improve blood flow, aid in releasing stiff muscles and joints and ease pain and muscle spasms throughout the body.

The Gintell S6 Wellness SuperChAiR is an excellent choice for those who want to improve their sleep quality and overall well-being. Whether you're dealing with chronic insomnia or just want to relax after a long day, the Gintell S6 has got you covered. Invest in your health and try the Gintell S6 Wellness SuperChAiR today.

With the approaching Ramadan celebration, Gintell is offering up to 55% discount promotions for the

Gintell S6 Wellness SuperChAiR. Grab this massage chair now with RM333 per month and get a free gift worth over RM4,000.

■ For more information, call 012-661 2148, visit www.gintell.com or visit your nearest Gintell showroom.

Celebrate Ramadan and promote good sleep with Gintell's latest massage chair.



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Good sleep improves athleticism

HOW frequently do you get a good night's sleep?

Ear, nose, throat, neck surgeon and sleep specialist at Damansara Specialist Hospital 2 Dr Rajveer Singh Saren defines good sleep as "an appropriate amount of restful sleep, typically seven to nine hours per night, that is uninterrupted, refreshing and restorative."

Adequate sleep is important to facilitate anabolic processes, regulate body temperature and immune defence, conserve energy, remove toxins generated when awake, promote neuronal synaptic plasticity and integrity, and facilitate overall neuronal function.

Good sleep decreases the likelihood of experiencing fatigue, sleepiness or sleep and circadian disorders.

Dr Rajveer adds that it also improves different aspects of athletic performance including:

- Increased muscle strength and speed
- Decreased risk of injury



Dr Rajveer Singh Saren.

- Improved reaction time and vigilance
- Enhanced decision-making and creativity
- Boosted cognitive function and mental health



Creating a relaxation routine before bedtime can be advantageous for a restful night's sleep.

Threats to a good slumber

In a study titled *Prevalence of Insufficient Sleep and Its Associated Factors Among Working Adults in*

Malaysia, more than half of the 11,356 Malaysian working adults surveyed had less than seven hours of sleep daily.

"There is a cultural emphasis on work and productivity that often leads to neglecting sleep among Malaysians," says Dr Rajveer.

Sleep can be affected by both internal and external factors such as health conditions, age, lifestyle factors, irregular work schedule and stress.

Dr Rajveer adds, "Athletes may require more sleep than the average person to recover from intensive training and performance. However, this can be challenging to achieve due to scheduling and other external variables."

Athletes may face more external factors such as travel fatigue or jet lag, psychological stressors from competitions and personal life and irregular training schedules.

According to an article published in *Current Sports Medicine Reports*, athletes who participate in individual sports typically have more flexibility in their daily training schedules and routines with less predictable competition schedules. Athletes of team sports, however, usually have less control over their training schedules and follow more regular weekly competition formats.

Sleep for better health

"Taking short naps can be beneficial for everyone. A 30- to 45-minute nap before 3pm is beneficial, but sleeping after that

can affect your circadian rhythm. Studies have shown that students can benefit from naps. Those who take afternoon naps perform better in their tests than the ones who have a longer sleep duration at night," says Dr Rajveer.

He adds that naps can also improve athletes' overall sleep quality and aid in recovery. It restores their alertness and enhances cognitive functions, allowing them to perform at their best during training and competition.

Previous studies also found that napping can counter short sleep duration which may reduce coronary mortality and improve immune functions and cognition.

"Understanding your circadian chronotype is important. It provides insight into your natural sleep-wake rhythm, whether you are a morning, night or evening person. This can help you determine the best time to go to bed and wake up for optimal sleep quality and quantity. And for athletes, this helps them train and perform better."

Dr Rajveer also suggests several sleep hygiene tips which are to:

- Practise a consistent sleeping schedule
- Avoid caffeine and nicotine
- Consume a healthy, balanced diet
- Restrict the use of the bed to sleeping purposes only

"It is also beneficial to prepare a 'downtime' before bed. Watching stimulating content such as action movies or intense TV shows can keep the mind alert and active, making it more difficult to unwind and fall asleep. Electronic devices such as televisions emit blue light, which can also interfere with sleep."

If sleep disturbances persist, it is recommended to seek the advice of a sleep specialist as it can be a sign of an underlying sleep disorder such as sleep apnoea or insomnia. Some patients may need surgery or CPAP (continuous positive airway pressure) treatment under the guidance of a healthcare professional as it should not be relied upon as the sole means of improving sleep.

■ For more information, call 03-7717 3000.

Quality naps can help athletes recover from training and enhance their cognitive function, leading to improved performance.





Joyous Ramadan

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