



## Rest and relax

With our busy lives, sometimes, all we want to do is sit back and indulge in blissful nothingness. The living room, especially, is a place where we can do just that. Keep the tones light to create a calm, relaxing space.



# Boosting well-being with restful sleep

THE emergence of “Coronasomnia” caused by pandemic-related stress has normalised sleep deprivation. It can be for days or weeks of erratic sleep patterns, resulting in more stress as there would be an increase in the body’s production of cortisol or “the stress hormone”.<sup>(1)</sup>

According to a study, insomnia causes our body to secrete more cortisol during the day in an effort to stimulate alertness.<sup>(2)</sup>

Not only does prolonged lack of sleep lead to a host of chronic illnesses, it also affects our productivity at work and our personal goals. To break this vicious cycle of Coronasomnia, below are some tips to begin (or restart) new sleeping habits for healthy, adequate rest each night:

## Write down your sleep disruptors

Knowing how to sleep well begins with identifying your sleep disruptors.

It can be binge-watching Netflix past bedtime or repeatedly thinking of a troubling thought – write each down.

That way, you can visually see the root causes of your insomnia and implement the right solutions for a better night’s sleep.

## Set a pre-bedtime ritual

The best way to prepare for restful sleep is to be mindful of what you do earlier. A more helpful approach is to find relaxing, non-vigorous activities – activities that help you unwind are ideal as pre-bedtime rituals.

## Make exercise compulsory

Our muscles, ligaments and bones need movement. The pandemic has made us stay longer at home, but indoor workouts are most certainly doable.

The idea is to break up sitting time with body movements for better blood circulation and activating underused muscles.



Getha’s Compass Series feature mattresses designed with cutting-edge Biocare technology that provides electromagnetic radiation shielding from the electronic devices around you.

## Practise mindful eating and drinking

We are what we eat (and drink). If we eat fast food on a daily basis, chances are our body will feel a sense of fatigue and discomfort due to lack of nutrients.

When we experience this during the day, naturally it will lead to drowsiness and involuntary day naps. At night, we will become wide awake.

Drinking caffeinated beverages will also undermine kick-starting healthy sleeping habits.

## Turn off screens before bed

With the pandemic movement restriction protocols in place, we are left to our electronic devices to keep us entertained at home.

One useful way of convincing people to switch off their smartphones and television sets before bedtime is to replace screen time with off-screen activities that are just as stimulating, if not more exciting to our human senses.

To further foolproof your sleep, Getha’s Compass Series feature mattresses designed

with cutting-edge Biocare technology that provides electromagnetic radiation shielding from the electronic devices around you.

## Getha’s ‘Time to Wake Up’ concept

Sleep plays a huge role in our physical and mental health. Without a healthy sleep regimen, our body cannot function at optimum level.

It is high time we take our sleep hygiene seriously especially during this stay-at-home period.

Good quality sleep can help strengthen our immune system as well as improve our mood.

With the goal to establish healthy sleep for everyone, Getha has announced the grand launch of Malaysia’s only radiation protection mattress – the Getha Compass Collection comprising three models – Getha Compass Gold 100, Getha Compass Green and Getha Compass Star.

The unique feature of the Getha Compass Collection is the radiation protection technology that protects your sleep from modern-day electronic devices. This ensures our body can focus to recharge during our sleep and build a stronger immune system.

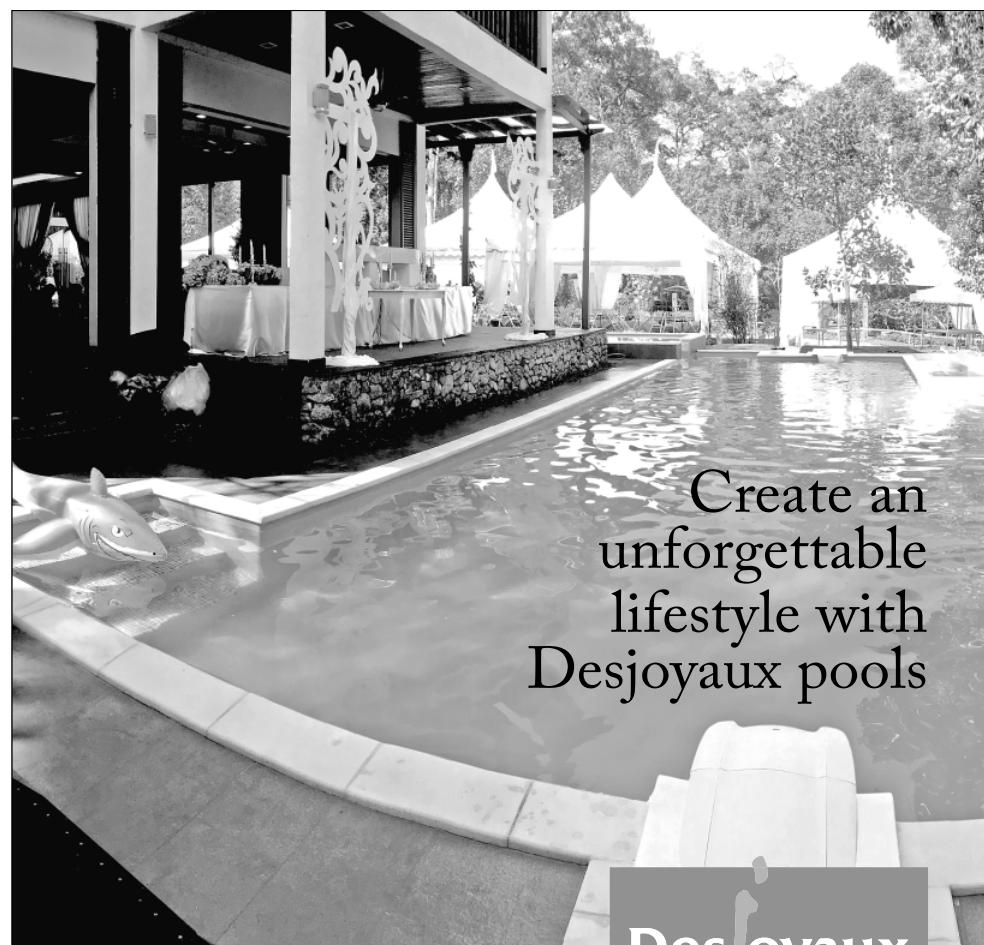
Any purchase of 5ft and 6ft Compass mattress series is entitled to one free Biocare Duvet worth RM1,999 as launching promotion.

■ For more details on the grand launch and innovative mattresses, contact the Getha team today.

## References

<sup>(1)</sup> <https://www.everydayhealth.com/conditions/what-happens-when-you-dont-sleep-days/>

<sup>(2)</sup> <https://pubmed.ncbi.nlm.nih.gov/25905298/>



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WATER has a calming influence on the senses and effect of tranquillity on the environment.

A swimming pool is a lifestyle concept that can dramatically enhance the landscape of your outdoor living space while providing entertaining value and enjoyment with family and friends.

**Desjoux Pools – the choice is yours**

Whether you are looking for an aboveground, in-ground or infinity pool, indoors or outdoors, Desjoux can build the pool that is right for you. It offers a range of made-to-measure solutions, taking into account your plans as well as the layout of your garden.

With its know-how, Desjoux can make the pool that caters for your needs and matches your taste.

Your new swimming pool is the ideal setting for a barbecue or an outdoor party. The next day, it can be turned into a massage room, sports venue or even a dining room.

That is what pools mean at Desjoyaux. The company puts

# Build the pool of your dreams

***"With over 500,000 pools built across five continents, Desjoux is a leading choice for families to design their living space."***

everything into making this vision a reality – its technology, expertise, advice, accessories and decoration.

Welcome to your new living room where you can relax, chat or simply while away the time – the moment you dip your toes into the water, you will feel like you are on holiday.

**Choose Desjoyaux – the market leader**

With over 500,000 pools built across five continents, Desjoyaux is a leading choice for families to design their living space.

Indeed, Desjoux has more than 400 distributors and showrooms spread worldwide and is the world's foremost in-ground pool supplier with a trusted customer base spanning over 50 years.

■ For details, contact Piscines Desjoyaux (M) Sdn Bhd at 03-7958 8911 (Selangor), 012-423 3011 (Penang), 011-2000 7777 (Johor), 012-421 2393 (Perak), 019-302 2868 (Kuantan), 010-848 9999 (Kuching, Kota Kinabalu and Miri) or email [dive@desjoyaux.com.my](mailto:dive@desjoyaux.com.my) or visit [www.desjoyaux.com.my](http://www.desjoyaux.com.my) and [facebook.com/desjoyauxmalaysia](http://facebook.com/desjoyauxmalaysia)



Desjoux can make pools that cater for your needs and matches your taste.



Mesh-Secure security screens are custom-made and come in a variety of colours.

# A screen for home security

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 aesthetic 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 worries. 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's product range includes awning windows, casement windows, hinged doors, sliding doors and windows, stacker doors, fixed panels, pool fencing and balustrade.

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 (from 9am to 6pm, Monday to Saturday).

Call for appointments on public holidays. Dealer enquiries are also welcome.

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