

Exercise can keep you awake

Exercising during the day can keep you awake at night instead of putting you to sleep, according to new research from the United States.

It was believed a good workout helps to send you off by making you more tired - but it now appears the reverse is true.

A study of fourteen participants who wore ambands monitoring their movements for 23 days found the more active they were the less they napped.

Surprisingly, total sleep time increased by an average of 42 minutes a night after days with low activity.

The findings, presented at the Associated Professional Sleep Societies annual meeting in Illinois, suggest exercise and sleep have a more complicated relationship than many people realise.

Heart specialist Dr Arn Eliasson, who led the research, said the results were the opposite of expectations. Quality of sleep did not improve after days of increased exertion.

He said: It has long been recommended, even championed, that getting exercise is part of the recipe for improved sleep. Our data do not support that notion.

The longest sleep and best sleep efficiency occurred after days with low non-exercise exertion. Similarly, we expected that better-rested subjects would be more inclined to get exercise or have busier days.

However, better rested subjects got less exercise and had less calorie expenditure. After relatively more sleep, more than six hours, all measures of exertion decreased.

The data collected included total sleep time, exercise energy expenditure and BMI of the participants, seven of whom were a nor-

mal size with the others overweight. Paradoxically, increased activity was seen in the group with a higher BMI who also walked more.

Dr Eliasson, of the Walter Reed Army Medical Centre in Washington DC, speculates the findings may be explained by personality types.

Individuals who are ambitious and active during the day may also be more hyper-vigilant at night and therefore sleep less. Meanwhile, low key people who are less active may have no difficulties falling or staying asleep.

Another explanation may be that job and life stresses lead to busier days, more exertion and

more calories burned but may interfere with sleep.

Previous studies have suggested exercise can help people who have sleep problems. But there have been conflicting results as to whether morning or afternoon exercise is better.

It was believed exercise improves sleep because it produces a rise in body temperature, which is then followed by a drop a few hours later. It is the drop in temperature which apparently makes you sleepy.

So the traditional advice has been to exercise at least three to four hours before your bedtime to give your body time to cool down and avoid having a hard time falling asleep. But now scientists may have to think again.

The Telegraph Group London 2009



Sixty Sunsilk 'Hadakari' Finalists Take Centre Stage



Unilever Sri Lanka's Sunsilk, together with the Professional Hairdressers and Beauticians' Association (PHABA) will host the Sunsilk Hadakari workshop for over sixty aspiring hairstylists — winners of their regions from Hadakari 2008 compete under one roof, which will end in a final competition on the 16th June 2009. The final is a culmination of the several regional Sunsilk Hadakari workshops held over the past year and will see the event will be a platform for Sunsilk to launch its roll-out including the new tag and positioning of 'Fulfil Your Dream as Life Can't Wait' thereby strengthening Sunsilk's long heritage, while offering a compelling benefit., as its annual series of workshops remain set to take off for the 7th consecutive year.

Photo workshop

The Alliance Fran aise de Colombo is organising a photography workshop in June. This workshop will be conducted by a French photographer and printer (among others, he printed Doisneau's work), Philippe Sala n. It will take place on Friday 19th June, from 3 to 6 pm and on Saturday 20th June, from 9 am to 3 pm.

On Friday 19th June, from 3 pm, you will meet again to select pictures taken during the workshop

in order to set up an exhibition that will take place later at the Auditorium of the Alliance Fran aise.

If you are interested, you need to fill in the attached form and give it back or send it to the Alliance Fran aise de Colombo (11 Barnes Place, Colombo 7) before the 5th of June. You need a good camera to attend the workshop, none will be provided.

The number of participants is limited to 12. In case there would

be more people interested, a second workshop can be organised later in June.

Sala n will be held a lecture on Tuesday 9th June, at the Alliance Fran aise, on his experience as a photographer and as a printer (open to general public). The artist will also open an exhibition of his own pictures on Thursday 11th June. Please contact the Alliance for more details.



PARTY ATTIRE
Mariah Carey makes it a sexy black-tie evening in her low-cut black gown at the Apollo Theater's 75th anniversary gala on Monday in New York City, where the R&B diva presented Patti LaBelle with her Apollo Legends Hall of Fame award.



ON THE MOVE
With her Twilight costar (and rumored real-life love interest) Robert Pattinson in New York City, Kristen Stewart happily takes care of business at a Los Angeles recording studio on Monday.



KISSING UP
Mwah! Kate Gosselin gets cheeky with 5-year-old daughter Hannah after returning home to Wernersville, Pa., after a shopping trip. It was a big day for the brood, whose Jon & Kate Plus 8 show aired its 100th episode, featuring a special visit from celebrity chef Emeril Lagasse.



PURPLE REIGN
Megan Fox is no shrinking violet! The Transformers: Revenge of the Fallen star cuts a glamorous figure at the Tokyo premiere of her action flick on Monday - and even shows some leg in her sexy, high-slit purple Donna



LOOK SHARP
Beyoncé can't get enough of her sharp-shouldered blazers, modeling another chic look while leaving the Mandarin Oriental Hotel in London on Monday. The singer is currently taking her I AM ... tour through Europe before bringing it to North America on June 21.



BACK IN BLACK
After glittering in gold earlier in the afternoon, Jessica Simpson shows off her dark side while heading out for a meal at Mexican restaurant La Esquina in New York City on Monday.

A GAM SLAM
Giving her beloved Daisy Dukes a day off, Jessica Simpson shows off a great pair of legs in tailored shorts while leaving her New York City hotel on Monday.