

## Early risers in better shape

THINK back to this morning's alarm. Were you up at the crack of dawn before it even sounded, awake and alert? Or did the repetitive blaring eventually drag you from your slumber, dazed and slapping at the snooze button with one hand before staggering for a cup of coffee? The preference for morning or evening is known as our sleep chronotype, which is when we reach peak cognitive and metabolic functioning. Science has shown a host of differences between early birds (morning-sleep chronotypes) and night owls (evening-sleep chronotypes) – and the evidence weighs against those with an aversion to sunrise. Recent international studies have revealed late risers tend to be hungrier and fatter than morning people, suffer from poorer memory and more pain, may be extroverted and have sex more often. But evening-sleep chronotypes are also at higher risk of cancer. Yet there is little anyone can do, as the division is down to evolution: we are genetically predisposed to mornings or evenings. "Circadian rhythms and sleeping patterns are a matter of biology, not preference," said psychology professor Leon Lack, from Flinders University.



Science has shown significant health differences between early and late risers.

The latest study has also found evening types more likely to exhibit personality traits linked to the so-called "Dark Triad" – Machiavellianism, narcissism and psychopathy. Peter Jonason, expert in social, personality, and evolutionary psychology at the University of Western Sydney, said his research has suggested "those who have a night-time chronotype have darker personalities and these are related to promiscuity, mate poaching, psychological dysfunction – for example, depression – sensitivity

to rewards, dishonesty, and likely a boom-and-bust work pattern". But sleeping in or trying to "catch up" on missed sleep on the weekend only worsens the pattern. "By staying in bed, night owls remove the major external force for rewiring the body clock, which is morning bright light. Sunlight helps increase alertness by suppressing melatonin, the hormone associated with sleepiness," Professor Lack said.

## Increase your productivity

**Identify your priorities**  
CHOOSE the important areas to devote your energy to. Write down two or three priorities now and stick the list somewhere prominent.  
**Use the 80/20 rule**  
CHANCES are about 20 per cent of daily tasks are responsible for most of your achievements, and 80 per cent are of little significance. Once you have identified priorities, identify the 20 per cent high-value tasks linked to them.  
**Create a do-later list**  
THOSE random administrative tasks that come up during the day may not take much time, but they divert your focus from the big stuff and add little value to your life.  
**Make a time box**  
CREATE a time box for tasks. Make sure you: a) do nothing else during that time, and b) complete the

task whatever it takes.  
**Put it in your calendar**  
MANAGE your schedule with the calendar program on your computer or mobile phone. Set reminders or alarms if you have to.  
**Remove productivity pitfalls**  
WHAT are you distracted by? Facebook? Phone calls? Identify your personal productivity pitfalls and find a way to minimise their impact.  
**Take breaks**  
WORKING nonstop means productivity levels taper. Schedule breaks to suit you.  
**Stay social**  
NO matter how much you love your job, it can never take the place of relationships and recreation. Set aside time to enjoy personal, social and fitness activities each week, especially with friends.



Research has suggested people could improve the health of their heart simply by listening to their favourite tunes.

## Music good for the heart and soul

LISTENING to music has long been seen as a remedy for heartbreak, but now a study has found that it can, in fact, strengthen the heart – and improve the recovery of patients suffering from heart disease.

Cardiologists said the findings suggested that people could improve the health of their heart simply by listening to their favourite tunes.

The study found that listening to music released endorphins in the brain which, in turn, improved vascular health.

Music without lyrics was most effective because words "can upset the emotions", the researchers said.

For the study, patients with cardiac disease were divided into three groups.

Some were enrolled in exercise classes for three weeks.

Others were put in the same classes, but also told to listen to music of their choice for 30 minutes every day.

A third group only listened to music, and did not take cardiovascular exercise, which is usually prescribed to those with heart disease.

At the end of the trial, the patients who had listened to music as well as exercising had boosted crucial measures of heart function significantly, and improved their exercise capacity by 39 per cent.

The group that took only aerobic exercise improved their capacity by 29 per cent.

Even those who took no exercise and only listened to their favourite music for half an hour a day improved their exercise function by

19 per cent, the study of 74 patients found.

The report, presented at the European Society of Cardiology's annual congress in Amsterdam, suggested that the release of key hormones while listening to music was behind the changes.

Prof Delijanin Ilic, the lead investigator, from the institute of cardiology at the University of Nis, Serbia, said: "When we listen to music we like, then endorphins are released from the brain and this improves our vascular health. There is no 'best music' for everyone – what matters is what the person likes and makes them happy."

She said other studies examining the impact of music suggested there might be some types that are less good for the heart – with heavy metal more likely to raise stress levels, while opera, classical and other kinds of "joyful" music were more likely to stimulate endorphins. Prof Ilic said: "It is also possible that it is better to have music without words, because it is possible that the words themselves can upset the emotions."

Although the study was carried out on patients suffering from heart disease, she said she believed the findings were likely to apply to a wider population, since it is already known that exercise boosts coronary health in healthy people.

Prof Ilic said that listening to one's favourite music and doing so in addition to regular exercise "may be an adjunct method in the rehabilitation of patients with coronary artery disease".

She suggested that people choose music which made them happy or relaxed.

**BERRY beauty ESCAPE**  
SPA SALON

Take the time to visit our renowned spa for a divine treatment

- Relaxation & Hot Stone Massage
- Pevonia & Aveda Facials
- Waxing, Tinting, & Spray Tanning
- Pedicures, Manicures & Shellac Nails
- Body Scrubs & Treatments
- Napoleon Perdis Bridal Make up
- Group bookings
- Botox
- Gift Vouchers

**4464 1736**

Shop 4/65 Albany St, Berry  
berrybeautyescape@bigpond.com  
www.berrybeautyescape.com.au 02371836

**Aminya Natural Therapies Academy**  
**NSW South Coast Campus**  
opening Feb 2014

2014 Government accredited Courses on offer:  
Certificate IV Aromatherapy  
Diploma Aromatherapy  
Advanced Diploma Aromatic Medicine  
Certificate IV Massage  
Diploma Remedial Massage

For further information please contact:  
**Fiona Carr - Mobile Ph: 0417 672 719**  
Email: fcarr5@bigpond.com

**AMINYA**  
SUNSHINE COAST (HEAD OFFICE)  
651 David Low Way, Pacific Paradise Q 4564  
P O BOX 9138, PACIFIC PARADISE Q 4564  
Ph 5450 5077 Fax 5450 5099 Email lyndalearoma@bigpond.com.au  
www.aminyaacademy.com.au 2372442

Take it easy this Christmas

Relaxation CD's, Meditation books, Clothing, Crystals, Jewellery, Incense and so much more

**Gallery 7**  
Shop 1 & 2 Rodway Arcade  
p. **4423 5994**

02372224

Enrich your soul  
You can make a difference!

Help us be there for our community as life happens.  
Train to be a volunteer telephone crisis supporter.

Training starts soon!  
Visit the volunteer page at [www.lifelinesouthcoast.org.au](http://www.lifelinesouthcoast.org.au) for an information kit.

02371934