



SEPTEMBER 2024



The King on his throne - Cape sugarbird - Kirstenbosch Gardens

Prasheen Gopal / [www.https://www.facebook.com/birdlifesouthafrica](https://www.facebook.com/birdlifesouthafrica)

1st Vicky Fox

1st Matthys Bester

2nd John Coetzee

4th Christina Walters

5th Ian Stewart

7th Karen Reid

8th Lynne Perry

11th Brian Dalton

14th Rene Stewart

14th Rene Esson



15th Jill Dower

18th Sandra Farr

18th Ian McDonald

22nd Helena Mitchell

22nd Jill Newton

24th Sally Hojem

25th Merle Trimmingham

27th Penny Marek

28th Roy Siegfried

29th Gael Foster

Residents celebrating a wedding anniversary in September are

2nd Trish and Mike Smith

15th Rene and Ian Stewart

19th Sandra and Tony Farr



A quiz evening will be held on Friday 20th at 6.00pm

A light meal will be served, cost R80pp

Kindly book at reception by the 13th September

PLEASE NOTE MONEYS WILL BE COLLECTED AT THE DOOR





Music Evening
18 SEPTEMBER | 19H00

PROGRAMME

BEETHOVEN
VIOLIN CONCERTO
SYMPHONIE ORCHESTER: BAYRISCHER RUNDFUNK
VIOLINIST: VERONIKA EBERLE
CONDUCTOR: SIR SIMON RATTLE

MENDELSSOHN
SCOTTISH SYMPHONY
SINFONICA GALICIA
CONDUCTOR: R. GAMBA

RSVP AT RECEPTION OR ON EXT. 3200

**Diarise this date - 28th September a spit braai will be held here
at the Village - details to follow**

BOOK REVIEWS - Penny Marek

Remarkably Bright Creatures by Shelby van Pelt is the tale of Marcellus, a Giant Pacific Octopus; Tova, an elderly cleaner at the Sowel Bay Aquarium in which Marcellus who has a penchant for escaping, is housed; Cameron, a young man struggling to find his place in the world; who all come together to create a story that moved me in so many ways. This is a refreshing book – a little different from the usual – and one I can highly recommend. I am already missing Tova, Cameron and the ‘Remarkably Bright Marcellus’! The good news is that this is soon to be made into a movie with Sally Field playing Tova.

Mark Twain said ‘Fiction is obliged to stick to possibilities, Truth Isn’t’! **Horse** by Pulitzer Prize Winner, Geraldine Brooks, has a strong foundation in fact. This is historical fiction at its best, mainly because of Brooks’ meticulous research. I don’t often enjoy jumping from one time line to another but this novel that is anchored in facts with fictional characters brought in, has it all: the American Civil War, slavery, racism, art, romance and the amazing record-breaking thoroughbred, Lexington. Brooks moves from each period so effortlessly that they intercept with each other. Her compelling narrative had me googling to find out more about Martha Jackson, the famous New York gallery owner friend of the artist Jackson Pollock and the painter Thomas J. Scott responsible for the famous painting of Lexington that is a major part in the story of this remarkable horse. This wonderful book now joins my collection of ‘best reads ever’! Highly recommended.

Spotted recently at Fenwicks Luggage Department Store in Kew -

THE NAME OF THE BRAND IS PET HATE TOYS

Sleep, Sleep Hygiene, and Insomnia by Roger Cummins

I recently listened to a webinar by a sleep laboratory physician that got me thinking more about how common sleep challenges are. Here are some notes and tips gleaned from further research on the subject.



Sleep problems are widespread, affecting many individuals globally. Understanding the science behind sleep, the causes and impacts of insomnia, and practical strategies to improve sleep hygiene can significantly enhance one's quality of life. This article delves into these aspects and offers actionable tips for better sleep.

Sleep is a complex biological process essential for our health and well-being. It profoundly impacts our immunity, mental health, metabolic health and cognitive function. Sleep comprises four phases that cycle several times throughout the night:

- **Non-REM Phase 1:** This is the transition from wakefulness to sleep, a light sleep stage that usually lasts a few minutes. Muscle activity and eye movements decrease.
- **Non-REM Phase 2:** A slightly deeper sleep phase characterised by decreased heart rate and body temperature. It lasts about 10-25 minutes per cycle.
- **Non-REM Phase 3:** The deepest, slow-wave phase of sleep. It is crucial for physical restoration, growth, immune function, and energy storage. It typically lasts 20-40 minutes per cycle.

REM Phase: This stage is associated with rapid eye movements, dreaming, increased brain activity, and temporary paralysis of voluntary muscles to prevent acting out of dreams. It lasts 10-60 minutes per cycle. An average of 7-9 hours of sleep daily is recommended, depending on your needs. The importance of sleep quantity and quality is often underestimated.

Prevalence and Impact of Insomnia.

Insomnia is a common sleep disorder, that has recently been shown to affect about 7% of South Africans, with a prevalence of 20.5% in those aged 65 years and older. Insomnia is characterised by difficulty falling asleep, staying asleep, or poor-quality sleep, leading to reduced daytime functioning, low energy, poor concentration, and mood disturbances.

Sleep disruption can be caused by:

- **Poor lifestyle and habits:** Drinking alcohol or eating meals late at night, excessive caffeine consumption, poor sleep hygiene, or frequent daytime napping.
- **Chronic illness, pain, depression, and anxiety.**
- **Environmental factors:** A bright, cluttered, or uncomfortable sleeping area, disturbances, and noise, including a snoring, coughing, or restless partner.

Acute insomnia is usually caused by short-term stress or pain and typically responds well to short-term hypnotics. Chronic insomnia persists for more than three months, can severely impact physical and mental health, and usually requires a combination of psychotherapy and medication for effective management. Insomnia may also be secondary to other conditions such as obstructive sleep apnoea, chronic pain, anxiety, and depression, each of which has unique manifestations and requires specific management.

The long-term effects of prolonged sleep impairment include:

- **Cardiovascular issues:** During sleep, the heart rate slows, and blood pressure decreases, allowing the cardiovascular system to rest. Sleep impairment increases the risk of hypertension, heart attack, and stroke.
- **Metabolic problems:** Impaired sleep-associated blood sugar regulation increases the risk of obesity, insulin resistance, and type 2 diabetes.
- **Mental health impact:** Sound sleep stabilises mood and circadian rhythm regulation. Inadequate sleep causes irritability and heightened risk of anxiety and depression.
- **Cognitive impairment:** Sleep is crucial for memory consolidation, cognitive thinking, and problem-solving skills. Poor sleep quality can impair mental functioning and exacerbate conditions like dementia.

Improving Sleep Hygiene

Improving sleep hygiene involves adopting healthy habits that enhance sleep quality and helps manage sleep disturbances. Here are some practical strategies:

1. **Limit caffeine and alcohol:** Avoid stimulants like coffee, tea, sugar, and energy drinks, especially in the evenings. Limit alcohol consumption close to bedtime.
2. **Healthy diet:** Avoid heavy meals close to bedtime. Choose light snacks or a glass of warm milk, which contain tryptophan-rich foods such as dairy, nuts, and fruits that promote serotonin and melatonin formation in the brain.
3. **Optimise sleep environment:** Ensure a dark, quiet, and comfortable bedroom. Use earplugs, white noise, or natural sounds if noise disrupts your sleep. Maintain a cool room temperature (around 18°C) for optimal sleep.
4. **Have a consistent sleep schedule:** Go to bed and wake up at the same times every day to regulate your body's internal clock. Stick to this schedule even on weekends.
5. **Limit daytime naps:** Keep these short (15-30 minutes) and not too close to bedtime.
6. **Relaxation techniques:** Establish relaxing pre-bedtime routines like reading, taking a warm bath, stretching, or meditating. Meditation techniques such as mindfulness or repeating a peaceful mantra can help. Controlled deep, slow breathing techniques may also assist.
7. **Declutter your mind:** Making a to-do list of tasks for the next day eases bedtime anxiety. Journaling or talking through worries or thoughts can also be helpful.
8. **Declutter your sleeping area:** Bedrooms should be reserved for sleeping and sex!
9. **You must be tired to fall asleep:** Go to bed only when sleepy. Obsessing over the time can increase anxiety. Don't clock-watch. If not asleep within 15 minutes, get up and do something relaxing until you're tired.

10. Engage in regular daytime physical activity: Avoid vigorous activity before bed.

Professional Management of Sleep Disorders It's essential to seek professional help if sleep problems persist for more than 2-4 weeks. Diagnosis typically involves a thorough history, physical examination, and medication history. A sleep journal can assist in identifying patterns and triggers.

Treatment Options

- **Cognitive Behavioural Therapy for Insomnia (CBTI):** This psychotherapy strengthens the association between bed and sleep, improves sleep quality, and helps with falling asleep. It is effective for both primary and secondary insomnia and can aid in reducing and stopping medication.
- **Medication:** Sedative hypnotics may be recommended for short-term management (2-4 weeks) or chronic care when necessary. Common medications include Z-drugs like zopiclone (Imovane) and zolpidem (Stilnox), which have fewer side effects than benzodiazepines but may still cause dependence. Benzodiazepine sleeping tablets are used mainly for short-term relief only. It has recently been suggested that patients on long-term hypnotic medication may be able to reduce medication to 2-3 spaced doses per week under medical supervision.
- **Melatonin:** This natural hormone supplement is helpful for circadian rhythm disturbances such as jet lag, shift work, or abnormal sleep patterns. While its long-term safety is not fully established, its benefits generally outweigh the risks for short-term use.
- **Tricyclic antidepressants:** Low doses of medications like amitriptyline can cause drowsiness and may also be helpful for nerve pain, but have many side effects.
- **Antihistamines:** Historically used for their hypnotic effects, though consistent supporting evidence is limited, and they have significant side effects.

Herbal remedies: Natural alternatives like valerian root, chamomile, and aromatherapy (lavender, chamomile, or cedarwood essential oils) can promote relaxation and aid sleep. Always consult a healthcare professional before taking herbal remedies in conjunction with regular medication.

In conclusion, improving sleep hygiene can significantly enhance overall well-being and quality of life. By implementing healthy sleep behaviours, one can achieve more restful and restorative sleep. Start today and experience the benefits of good sleep, from better mental health to improved cognitive functioning.





A vibrant church, a national treasure and a London icon the majestic St. Paul's Cathedral



When you have to go to work and are determined to look stylish regardless of the weather!

Mike Smith

Please excuse the brevity of this issue - Cut off date for October is the 20th September - flickiwal@gmail.com

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