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A weekly publication of opinion and news from the Cordillera, Ilocos Region, Cagayan Valley and Central Luzon

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OPINION

Study: Lack of sleep linked to early death

>> MONDAY, MAY 24, 2010

SUPPLEMENTAL KNOWLEDGE

Jhunie B. Wahayna

According to study conducted by Francesco Cappuccio, head of Sleep, Health and Society Programme at the University of Warwick, United Kingdom - People who get less than six hours sleep per night have an increased risk of dying prematurely. Those who slumbered for less than that amount of time were 12 percent more likely to die early. If you sleep little, you can develop diabetes, obesity, hypertension and high cholesterol.

The study conducted with the Federico II University in Naples, Italy, aggregated a decade long studies from around the world involving more than 1.3 million people and found "unequivocal evidence of the direct link" between lack of sleep and premature death.

Cappuccio believes the duration of sleep is a public health issue and should be considered as a behavioral risk factor. Sleeping less than six hours is more common among full time shift workers.

The study also found a link between sleeping more than nine hours per night and premature death. Oversleeping is more likely to be an effect of illness, rather than a cause. Researched shows that there no adverse effects for those sleeping between six to eight hours per day. This finding was published in the Sleep Journal.

If you have sleep problems, here are some tips to improve your sleep habit. Sleep hygiene is one of the components of behavioral therapy for insomnia. Several simple steps can be taken to improve a patient's sleep quality and quantity. These steps include: Sleep as much as you need to feel rested, do not oversleep. Exercise regularly at least 20 minutes daily, ideally 4-5 hours before bedtime. Avoid forcing yourself to sleep.

Keep a regular sleep and awakening schedule. Do not drink caffeinated beverages before going to bed (tea, coffee, soft drinks etc.). Avoid "night caps" (alcoholic drinks prior to going to bed). Do not smoke especially in the evening. Do not go to bed hungry. Adjust the environment in the room (lights, temperature, noise, etc.). Do not go to bed with your worries; try to resolve them before going to bed.

Relaxation therapy involves measures such as meditation and muscle relaxation or dimming the lights and playing soothing music prior to going to bed.

Stimulus control therapy also consists of a few simple steps that may help patients with chronic insomnia. Go to bed when you feel sleepy. Do not watch TV,

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Case filed against Dalog over 'fraud, vote buying'

May 24, 2010

By Gina DizonBONTOC, Mountain Province – Amid protests, alleged incidents of fraud, terrorism and vote buying set grounds for a disqualification case filed by congressional candidate Jupiter Dominguez against proclaimed Congressman-Elect Maximo...

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Ilocos PNP exec killed in Vizcaya mishap

May 24, 2010

CAMP GEN. FLORENDO, La Union- A police senior superintendent (colonel in the Army) died before dawn Monday after is vehicle collided head on with an oncoming bus along a sharp curve highway in Darapidap, Aritao, Nueva Viscaya. Reports...

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Gunman in radioman's shooting still at large

May 24, 2010

By Dexter A. SeeTABUK CITY – Police are now trying to identify a gunman and his cohort who who shot a hard-hitting radio anchor here on May 15.Senior Supt. Virgilio Laya, director of the Kalinga provincial police office, identified the victim as...

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read, eat, or worry in bed. Your bed should be used only for sleep and sexual activity. If you do not fall asleep 30 minutes after going to bed, get up and go to another room and resume your relaxation techniques. Set your alarm clock to get up at a certain time each morning, even on weekends. Do not oversleep. Avoid taking long naps in the daytime.

Restricting your time in bed to sleep may improve quality of sleep. This therapy is called sleep restriction. It is achieved by averaging the time in bed that the patient spends sleeping. Rigid bedtime and rise time are set, and patient is forced to get up even if they feel sleepy. This may help the patient sleep better the next night because of sleep deprivation for the previous night. Sleep restriction has been helpful in some cases.

Other simple measures that can be helpful to treat insomnia are as follows: Avoid large meals and excessive fluids before bedtime. Control your environment- light, noise, and elevated room temperature can disrupt sleep. Avoid stressful tasks before going to bed may be beneficial. Avoid doing work in the bedroom that should be done somewhere else. For example, do not work or operate your business out of your bedroom, avoid watching TV, reading books, and eating in your bed. Likewise, manage your stress level by not thinking too much of your problems before going to bed will help a lot. Email jhuniewahayna@yahoo.com for comments.

 Posted by Northern Philippine Times at 8:05 AM 

Labels: Column, Health, Jhunie B. Wahayna, Supplemental Knowledge

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[Comelec warns bets: Submit poll expenses or be disqualified](#)

May 24, 2010

By Glaiza Ana de los ReyesBAGUIO CITY – Poll bets who fail to submit election expenditures face disqualification and would be barred from assuming their positions inholding public office, the regional Commission on Elections here warned.The Comelec...
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[Groups seek government action on Cagayan anti-mine activist killings](#)

May 24, 2010

BUGUEY, Cagayan -- Environmental and human rights group, Alyansa Tigil Mina (ATM), has urged government to hasten investigation in the series of killings and violence that targeted anti-mining leaders in Buguey, Cagayan and calls for a stricter...
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[New Benguet town officials proclaimed](#)

May 24, 2010

LA TRINIDAD, Benguet – The Commission on Elections bared last week the list of winning Benguet officials in the municipal level in the May 10 elections.All were inducted to office by the Comelec namely:Atok - Mayor Peter Alos, Vice Mayor Marson...
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[Slain Abra town mayor's wife wins Congress seat](#)

May 24, 2010

BANGUED, Abra– The widow of a slain Abra town mayor was proclaimed winner in the lone district congressional race of this violence-rocked province, edging out re-electionist Rep. Cecilia Luna.Proclaimed was Jocelyn Valera-Bernos, widow of former La...
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[Army files charges vs four gun ban violators](#)

May 24, 2010

By Gina DizonBONTOC, Mountain Province -- Charges for illegal possession of firearms and gun ban violation were filed at the office of the provincial fiscal here against four suspects, allegedly relatives and supporters of Congressman-Elect Maximo...
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[Destruction of road hit:'waste of public funds'](#)

May 24, 2010

By Tanya A. TaboraBAGUIO CITY – Residents here and nearby La Trinidad, Benguet assailed government officials responsible for what they called destruction of a well-paved cemented road to reconcretize it. The repair of the 500-meter stretch of...
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[Love angle seen in shooting of farmer](#)

May 24, 2010

By Mar T SupnadCANDON CITY, Ilocos Sur- Police authorities are looking into a love angle on the May 16 bloody killing of a farmer who had reportedly just separated again from his latest live in partner in Barangay Calunboyan, this city. ...
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[Padaca loses but vows fight against corruption](#)

May 24, 2010

ILAGAN, Isabela,– Despite her heartbreaking election loss, Gov. Grace Padaca declared she would continue her crusade to rid the province of corruption and other illegal activities. "I will continue fighting for you but I cannot do it all alone. You...
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[Heat stroke kills AFP trainee, downs 16 others](#)

May 24, 2010

,heGAMU, Isabela– A military trainee died while 16

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others were hospitalized due to heat stroke while undergoing training at the Army's 5th Infantry Division headquarters here Wednesday.Col. Loreto Magundayao, civil-military relations chief of the...
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Singson's bill results to billions in earnings

May 24, 2010

By Myds SupnadVIGAN, Ilocos Sur- The billions of pesos of taxes derived by the region from the Tobacco Excise Tax, known as Republic Act number 7171, that propelled the economy of Virginia Tobacco-producing provinces in Region 1 the past years was...

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Woman in 250-ft. plunge buried, 13 others confined

May 24, 2010

By Dexter SeeBONTOC, Mountain Province – A 42-year-old woman who was killed here in a vehicular accident was buried last week even as some of 13 other occupants of a passenger jeepney who injured in the accident weres still confined at the Bontoc...

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'Panlilio not allowed to go back to priesthood'

May 24, 2010

Pampanga Archbishop Paciano Aniceto said last week that suspended priest Gov. Eduardo "Among Ed" Panlilio would no longer be able to return to his priestly ministry.The CBCPNews, the official news service provider of the Catholic Bishops' Conference...

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Kidnap victim found dead in Aringay River

May 24, 2010

By Glaiza Ana de los ReyesAGOO, La Union – A man was kidnapped here Tuesday morning and later dumped along the Aringay River. The kidnapped victim was identified as Alejandro De Guzman. According to some witness, the kidnappers used a Starex van in...

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Cops eye politics in Cagayan judge's slay

May 24, 2010

BY Armand TamarayBAYOMBONG, Nueva Vizcaya– Investigators were still clueless on last Tuesday's killing of Cagayan Regional Trial Court Judge Andres Cipriano who was shot dead near his hotel room in Aparri town.Senior Supt. Albertlito Garcia,...

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Husband, brother, tagged in wife's slay

May 24, 2010

CAMP SANTOS, Bulacan – A husband and his brother were tagged by homicide investigators Monday as suspected killer and accomplice, respectively, of the principal suspect's 34-year-old wife whose body was found dumped in the boundary of Calumpit and...

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Worker dies in Ilocos landslide

May 24, 2010

By Freddie LazaroSANTA, Ilocos Sur – A construction worker was killed and his co-worker seriously injured May 15 in a landslide near the approach to the newly-built President Quirino Bridge in Barangay Banaoang, here, police said.The landslide buried...

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Slain Ifugao student leader, councilor cited

May 24, 2010

By Jeremy M. GawongnaMAYOYAO, Ifugao – A civic-minded student and a councilor who both lost their lives to a deranged man have been cited here for their selflessness.Lolita Maguiwe's role as student leader and auditor of Mayoyao, Aguinaldo, Alfonso...

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[BIR poised to padlock 16 Central Luzon firms](#) May 24, 2010

By George TrilloSAN FERNANDO CITY, Pampanga — The padlocks are ready as the Bureau of Internal Revenue sets out to lock down 16 business firms in Central Luzon over tax violations. This was bared by BIR Region 3 Director Romulo Aguila Jr. who said he...
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[Mt. Province poll winners inducted](#)

May 24, 2010

BONTOC, Mountain Province – Despite protests, the Commission on Elections proclaimed lawyer Maximo Dalog Sr. Monday as congressman along with other officials in the province. Lawyer Leonard Mayaen topped the gubernatorial race with 19,571 votes. In...
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[2 more Pangasinan towns hit by red tide](#)

May 24, 2010

LINGAYEN, Pangasinan — A red tide alert has been raised by the Bureau of Fisheries and Aquatic Resources in two coastal towns of western Pangasinan, authorities said Thursday. The alert has also prompted the BFAR Region 1 to issue a temporary ban on...
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[All over but the sourgraping](#)

May 24, 2010

EDITORIALAs the Commission on Elections is proclaiming left and right winning candidates, even as some losers are whining including former President Joseph Estrada. Despite poll automation, they claim of

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Go for it JUP!!!!we are all for you!Mabuhay!

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Again in 2001-2007, he was elected municipal mayor. SORRY BUT THIS IS NOT CORRECT! GET YOUR FACT RIGHT.

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Pfft. Puff piece for Jupiter Dominguez disguised as news article. Be a little less partial please.

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people are more informed?? is that why lapid is still in the top 12 and why nognog is still on top of the surveys.. hmm right!

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I still believe that Good still Triumph. Filipinos now are matured voters they already knew who is telling lies and who is sincere. Maturity of Filipino voters started in the last election when...
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sigh philippine politics..to win, you either have 1. famous name. 2 money 3. do a stupid like like trillions

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hello,did villar purchased or acquire manila brickworks inc? if yes, when?

[Troadio wrote...](#)

hello,did villar buy manila brickworks inc? if he did when?thanks

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A very remarkable move indeed for all our aspiring future leaders. Congratulations and Goodluck whoever wins the post. In the end, this is politics where there is

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