

Helping people get a good night's sleep – the natural way

We've all experienced a bad night's sleep, but for nearly one in three Australians, sleeplessness is a recurring problem.

To help people who suffer from poor sleep, NPS has developed a range of resources that outline the signs of bad sleep, possible causes and what can be done to minimise sleep problems.

"As we get older it's normal for sleep patterns to change, however it's the quality of sleep – not just the quantity – that is important," NPS CEO, Lynn Weekes said.

"If you find you're waking throughout the night and feel irritable or unproductive during the day you may have a sleep problem. Severe sleep problems can even affect your personality."

Many factors can cause sleep problems so it's important that the underlying causes are identified and addressed. These may include depression, stress, pain, breathing and snoring problems, restless legs syndrome and some medicines.

Some sleep problems also result from poor sleep practices. Some simple ways to improve the quality of your natural sleep include:

Go to sleep and wake up at the same time each day

Be as active as possible during the day and spend time outside

Avoid naps during the day

Reduce the amount of caffeine you have each day and avoid caffeinated drinks after lunch

Make sure your bedroom is not too hot or cold.

A good way to assess your sleep pattern is to take the modified Pittsburgh Sleep Quality Index*. This brief quiz can help you assess the quality of your sleep. The results can be used to discuss any concerns with your doctor.

Prescription medicines, over-the-counter and herbal sleeping pills are sometimes recommended by health professionals for short term use (less than 10 days) however they can have serious side effects and should always be used with care. They can help you fall asleep but won't necessarily improve the quality of your sleep.

"Talk to your doctor or pharmacist before using any type of sleeping tablet whether they are prescription or natural remedies. Anything designed to alter your sleep patterns can have significant effects on the body or interact with other medicines," Dr Weekes said.

"Even if you have been prescribed sleeping tablets, improving your sleeping practices can have a positive impact. Keeping a sleep diary can also help you and your doctor to monitor your condition."

As part of this campaign the following resources are available at no cost from the NPS website:

Sleep right. Sleep tight factsheet

Sleep diary

Door hanger with healthy sleep tips.

Greek Australian boy raises \$35 000

A \$1 500 damage bill might sound like a lot for a bit of Greek plate-smashing, but for Billy Billiris, who raised \$35 000 for multiple sclerosis, it was a small price to pay.

The 16 year-old Greek Australian boy from Sydney announced this week that 370 people turned up for his fundraising event, 'Greek Night for MS,' raising more than double what they had initially expected.

"It was about bringing the Greek community together, and we raised a lot of money and a lot of awareness for MS," Billiris told Neos Kosmos.

"There was lots of Greek dancing, and we smashed over 150 plates."

The money, which was raised through ticket sales, an auction and sponsorship, will be going to help with research and program implementation for MS.

It's a cause that is close to Billiris' heart; his father developed the neurological disease 11 years ago.

"My dad's got progressive MS which affects his walking ability, so, mentally he's 100% but physically, not so good," he said.

Billiris is also organizing two Greek fundraising events in Sydney later in the year, including OPA: The Hellenic Festival on 18 December.

"It's very important that we keep the Greek spirit alive,



especially in Sydney where it's dying out slowly," he said.

"There's a lot of Greek Australians who aren't proud to be Greek Australian as they once were, and people aren't uniting anymore, so it's really bad to see from my end."

The 16 year-old plans to involve as many young Greek Australians as he can, through performing, DJing, and, of course, plate smashing.

He said it was important to encourage young people to get involved in the Greek community.

"It makes me sad because right now I'm probably the only one pushing in my generation to get involved to the extent that I'm trying to go," he said. "If you've got a dream you've got to make it happen, and for me the dream is about reuniting all the Hellenic community here in Sydney," he said.

More chefs than ever on Sydney Seafood School summer program

As Sydney's guest chef fever shows no sign of abating, Sydney Seafood School has launched its summer program with a wider range of guest chef classes than ever before. There's something for everyone, from 2-hour evening classes with some of Sydney's most promising young chefs, such as Jonathan Barthelmess from Manly Pavilion (2011 Good Food Guide Best New Restaurant) to weekend workshops with the likes of Mark Best from Marque, winner of the Breakthrough Award in the World's 100 Best Restaurants list and Good Food Guide Restaurant of the Year.

Seafood School Manager, Roberta Muir, notes that there's been a sharp increase in demand for guest chefs in the past 12 months. "While our classes

have always filled," Muir says, "in the past year many of the ones featuring chefs have sold out months in advance. It's a good problem to have, but I know people get frustrated when they try to book and all the classes are full, so I've scheduled nearly twice as many guest chefs as usual this program."

Veteran chef Damien Pignolet (Bistro Moncur) starts the ball rolling on 6 November featuring recipes from his new book *Salades*, while Justin North (Bicasse), Christine Manfield (Universal), and Matthew Kemp (Restaurant Balzac) also showcase recipes from their fine diners and Ajoy Joshi from Nilgiri's introduces delicious regional Indian flavours. With summer being a popular time for casual entertaining, Lyndey Milan, the queen of fast and fabulous food,

presents her popular Seafood & Bubbles food and wine workshop and Kathy Snowball provides guests with the wherewithal to whip up a stress-free summer seafood dinner party.

Other chefs featured on the program include: Mark Jensen (Red Lantern), Brent Savage (Bentley Restaurant and Bar), Giovanni Pilu (Pilu at Freshwater), Dan Hong (Lotus and Ms G's), Alessandro Pavoni (Ormeggio at the Spit), and Alex Kearns (Neutral Bay Bar & Dining and Glebe Point Diner).

For cooks after simpler seafood dishes, the School's regular program of Tapas, Salt & Pepper, Chilli Crab, Bouillabaisse, Paella, Thai, Moroccan and Seafood BBQ classes continues to be popular, along with a new Seafood Salads class with quick and delicious recipes perfect for warm summer days. With Christmas fast approaching, it's worth remembering Seafood School gift certificates as well, they can be ordered online and printed immediately or ordered over the phone. Muir says that people often buy a certificate and arrange to attend the class with the recipient, giving a gift that money can't buy: a shared experience.

The November-February program of classes and latest FISHline News can be viewed at www.sydneyfishmarket.com.au. Classes can be booked online and gift certificates purchased from the website.

Contact Sydney Seafood School on (02) 9004 1111 or sss@sydneyfishmarket.com.au and FISHline on (02) 9004 1122 or

fishline@sydneyfishmarket.com.au

3 Greek Australian Football Team Athletes Arrested for Gang Rape

Three Greek-Australian football players are accused of gang rape with a British tourist on Kos. The 20 year old girl in a state of shock and distress, admitted being raped by the athletes to the local police station. She claimed to have been a victim of a terrible rape with three young players of the Greek Australian football team. The team is currently on Kos in its final stages of game preparations. The incident occurred at 3.00 am last Tuesday at a local hotel. According to the victim, the three men attacked her and raped her. The girl reported the incident at 9:00 am the same day. After police investigated, the alleged rapists were identified and arrested. They denied all charges and claimed their sex was consensual. One claimed he met the girl at a local bar. According to him after a few hours and a lot of alcohol, the young man took the British woman back to his room at the hotel where the team was staying. After having sex the player asked her to play a "game". If he won the prize, he would bring a couple of his friends in the room. She accepted but lost the game, so the guy brought the two teammates who are accused of raping her. The football team consists of seventeen players. The majority of players have ethnic roots from Kos.