

FOR A FRESH FAST

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PHOTO: KAZI TAHsin AGAZ APURBO

Coming back home around 10 or 11 at night, after a heavy iftar, a world full of shopping, traffic and human stampedes, one's mind may wander into the thoughts of sweet, sweet slumber. That thought is soon interrupted by a worse thought- 'sleeping now will only make me feel groggy and ill-willed for the much important meal- suhoor.'

Attempts at staying awake till suhoor (usually taken around 2:30-3am) will include dosing off in front of the television, computer screen, cell phone, forcedly opened eyes facing the pages of a book, or sometimes bugging the rest of the

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family and chit-chatting the night away. Then it's finally time for suhoor and it only takes about 15 minutes. 3.15 am- can't sleep now either. One must be awake till Fajr azaan- not just for prayer, but also to make sure you get those final sips of water in before you begin fasting again. Once that's over with, it's finally time for the sleep we've been waiting for. We then wake up next morning, already late for work, with the sleep still comfortably nestled in our eyes. "It's going to be another groggy day."



During Ramadan, keeping your sleep cycle on track is one of the most difficult tasks. And as the fast makes us hungry and fatigued, the sleeplessness makes it ever so worse. Throughout the month, we must try and adjust ourselves into a brand new sleep cycle; one we can easily get out of once Ramadan is finished.

Sleep is nothing but a reversible state of reduced awareness, motor activity and metabolism. On an ordinary night, we go through 4 to 5 cycles of sleep, each lasting 90-120 minutes. But during Ramadan, this cycle gets affected. In addition, daylight fasting during the summer months results in several issues. Among them is a reduced level of mental

activity or daytime attentiveness, because of which working hours are cut short by schools and offices. Studies have shown that daytime sleepiness, which is common during Ramadan, peaks between 2pm and 4pm. If someone who is fasting does not rest enough, it can have a serious impact on health and social life, leading to heightened anger, irritability, arguments and even road accidents.

The key lies in adjusting to the changed routine. It is acceptable to take a nap for a couple of hours in the afternoon, during weekends, but not in the morning. At night, it is recommended that those who are fasting go to bed by 11 pm. 11 pm to 3 am will give one four hours of proper

sleep. An hour can be easily given to suhoor and prayer. After which, once in bed by 4 am (excuse the habit of caffeine after suhoor if you have one), till 8 am will be another 4 hours. And 8 hours of sleep should be enough to keep us going through the day.

The sleeplessness in Dhakaites is one of the reasons for hearing loud, angry curses on the roads during this month. Even after knowing that we must refrain from anger now, it is very difficult when the mind and body are both so fatigued. With this new sleep routine, it will be easier for everyone to keep a sane mind and fast with the best and freshest of spirits!

Information source: gulfnews.com

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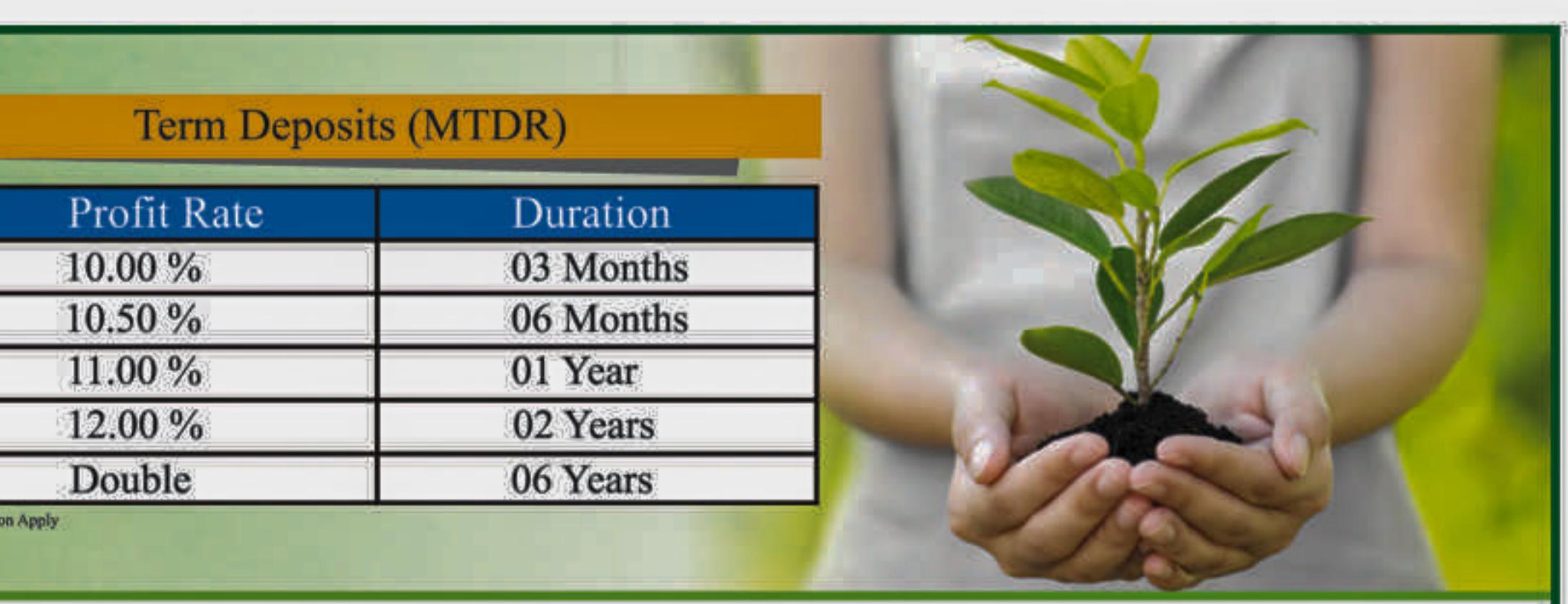
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MICRO CREDIT IS THE ORDER OF THE WORLD
"MICRO CREDIT" IS A WELL UNDERSTOOD SUBJECT BY THE "BENEFICIARIES"

SOURCE: WIKIPEDIA AND BRAINY QUOTES

STARDIARY

LENDING A HAND

The other day I invited some of my friends to my place. As I told my mother about the guests, she happily agreed to cook iftar and dinner for them. The guests came at around 4 and we were busy chatting and gaming. Suddenly one of my friends asked for my mother and I told him that she was busy with making food for us. My friend went up to her and offered her some help in the kitchen. Even though my mother denied at first, my friend kept insisting. He came back to us saying we should help our mother with household chores, especially during Ramadan when she is fasting. He suggested that we could start with something very simple. The recipes that need many things to be chopped, we could help with the chopping. Something as simple as making serbet or arranging plates can go a long way and help her reduce the time she spends in the kitchen. We got back to her and helped with arranging the table and chopping. Even though we were not perfect in whatever we did, she was very happy with us. From that day onwards, I always try to help my mother with cooking and cleaning, as I believe its not her sole responsibility to look after our home. We all should lend our mother a helping hand with household chores. Faria Hoque Dhanmondi, Dhaka



HEALTHY DAILY PASTIME

We grew up with pastimes like reading books, playing outdoors or spending time with our friends and family members. Now as I look at most of the children these days, I see them busy with all kinds of videogames- on their consoles, on their parents' phones and laptops. While on the one hand, they are sometimes better informed than their parents because of all the available resources, on the other hand these very same resources can have a detrimental effect on them. Whenever I used to visit my nephew, I would find him playing with a console, eyes fixed on the screen hardly paying any attention to the people around, or playing on someone's smart phone sitting in a corner. It's true that we don't have playgrounds for children, but there is a lot we can do to help our children develop a healthy hobby. In our case, we have limited my nephew's screen time, bought him books that are easy to read and visually attractive and involved him into activities like riding a bicycle, swimming and playing cricket in our basement with other kids from our neighborhood. If you know/have kids addicted to videogames, it's never late to make them interested in some other hobbies. Kazi Amzad Hussain North South University, Dhaka