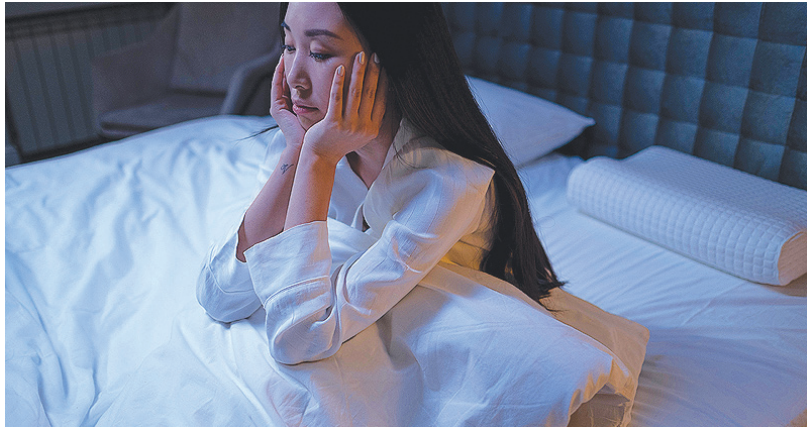


# Save the bed for sleep and sex to avoid insomnia

By Patricia B. Mirasol  
Reporter



PEXELS-COTTONBRO

SLEEP and sex should be the only two things done in bed in order to avoid sleepless nights, a sleep expert said.

The pandemic and the subsequent shift to a work-from-home setup compelled some people to turn their bedrooms into offices to their detriment, noted Dr. Deborah A. Bernardo, a sleep specialist and neurologist.

“That’s a no-no in sleep medicine. We want the bed to be only for sleep and sex,” she said in a Sept. 13 event on sleeplessness organized by Bounce Back Network, a community of startups and freelancers. “There should be no TVs and computers inside your bedrooms.”

Insufficient sleep syndrome, which is a shortened sleep below an individual’s usual baseline, is different from insomnia, which is a persistent nighttime complaint of difficulty falling and/or staying asleep. The former is self-imposed as a consequence of obligations; the latter occurs despite an adequate opportunity to sleep.

Dr. Bernardo said that sticking to a schedule that synchronizes one’s brain to circadian rhythms helps. So does ticking off an insomnia-proof bedroom checklist, including a calming color palette, comfortable room temperature, a quiet environment,

and opaque window blinds — especially for shift workers.

“If you snooze, you lose,” she added. “If you try extending sleep in the morning, it’s no longer restorative sleep. Better set an alarm on the time you really want to get up from bed.”

Diet considerations, meanwhile, include avoiding big meals within two to three hours of bedtime, minimizing fluid intake within two hours of bedtime, and not taking caffeine past 2 p.m.

The Center for Science in the Public Interest, a food and health watchdog based in Washington, DC, notes that a 16-ounce Starbucks Caffè Americano has 225 milligrams of caffeine. One brewed bag of Lipton Black Tea, on the other hand, has 55 milligrams of the same stimulant.

“We are the only species that voluntarily delay sleep,” Dr. Bernardo

said. “There is no cure for sleeplessness except getting enough sleep.”

Chronic insufficient sleep has a myriad of health consequences, including anxiety and obesity.

“Start as soon as possible in improving your sleep,” said Dr. Bernardo, who recommended seven hours of sleep for adults. Fewer hours of sleep, especially in mid-life, can contribute to dementia in the future, she added.

Vanna R. Reyes, a mother and influencer at Madiskarte Moms PH, shared at the Bounce Back Network event that she was starting her three children young on healthy sleeping habits.

“Let your kids know that sleep is very important in their lives. I collect their gadgets before they sleep. When it’s light’s off, it’s light’s off,” she said. “I tell my kids, ‘You can succeed in life if you have a good foundation in sleep.’”

## Biden said the pandemic is over. Is it?

WASHINGTON — What is the status of coronavirus disease 2019 (COVID-19) now that President Joseph R. Biden, Jr., has told the CBS *60 Minutes* news program the pandemic is over in the United States?

**Has the US formally declared the end of the pandemic?**

No. The United States is still operating under the public health emergency, first declared in January 2020.

The US Department of Health and Human Services is expected to renew that designation in October but then let the public health emergency expire in January 2023.

Health officials like White House COVID-19 response coordinator Ashish Jha have as recently as this month said “the pandemic is not over,” but have acknowledged that there is a shift under way in its fight against the virus.

World Health Organization (WHO) Director-General Tedros Adhanom Ghebreyesus said last week that the “end is in sight” for the pandemic, but still urged nations to maintain their vigilance.

**What is happening with COVID-19 now?**  
The virus, which emerged in China in late

2019, has killed over 6.5 million people — including 1 million this year — and infected 608 million people.

Vaccines and treatments have helped lower death rates, and global deaths from COVID-19 last week were the lowest since March 2020, according to the WHO.

In the United States, an average of nearly 400 people a day continue to die from COVID-19, according to the US Centers for Disease Control and Prevention (CDC) and an average of over 4,300 are hospitalized each day.

**What signs are there of a pandemic in retreat?**

Mr. Biden made his comments on the sidelines of the Detroit auto show, the largest in North America, where the president noted that very few people around him were wearing masks.

CDC mask guidelines since February have recommended that people in counties with low or medium COVID-19 levels — now almost 87% of the country — do not need to wear masks indoors.

US government agencies have also dropped mask requirements in federal build-

ings in the Washington area and other places with low or medium levels of COVID-19.

The federal government stopped requiring masks on public transportation after the courts said it did not have the authority to do so. Most states have also lifted mask requirements, including New York, as they try to persuade more workers to return to offices.

Most schools nationwide are abandoning remote learning for in-person classes and the CDC said last month it would no longer recommend quarantines for people exposed to the virus, making it easier for teachers and students to remain in class.

The CDC also no longer recommends unvaccinated people quarantine after exposure. Around 95% of the US population has either been vaccinated, had COVID-19 already, or both, it said.

The United States has just begun a new COVID vaccination campaign with boosters tailored to the Omicron variant that leading infectious disease doctor Anthony Fauci compared to the annual flu vaccination efforts. — *Reuters*

### OPINION

## Designing a better future for the breast cancer community

Cancer patient group ICanServe Foundation, in partnership with US-based non-profit organization Global Focus on Cancer, will host this year’s Southeast Asian Breast Cancer Symposium (SEABCS) in Manila from Sept. 23 to 25.

Each year, SEABCS gathers the region’s cancer survivors, patient advocates, health professionals, researchers, and policymakers in order to exchange ideas, share successful strategies, and keep up with the latest in breast cancer, as well as the many challenges that face the breast cancer community on a personal, local, national, regional and international level.

Carrying the theme “Designing a Better Future for the Global Breast Cancer Community,” the event seeks to improve the quality of life of breast cancer survivors by enhancing key aspects of the cancer continuum of care from prevention, early diagnosis, treatment, palliative care to survivorship and hospice.

It will also provide advocates with data and best practices needed to influence positive change in the health systems of their countries. The conference will likewise be an opportunity for the region to come together to continually find common ground for collaboration.

Breast cancer is the most common cancer among Filipino women, and the third leading cause of cancer-related deaths in the country.

Globally, the World Health Organization (WHO) said that there were 2.3 million women diagnosed with breast cancer and 685,000 deaths in 2020. By the end of the same year, the WHO added that there were 7.8 million women alive who were diagnosed with breast cancer in the past five years, making it the world’s most prevalent cancer.

The US Centers for Disease Control and Prevention (CDC) said that women can take steps to lower their risks for breast cancer, such as: maintaining a healthy weight; exercising regularly and avoiding or limiting alcohol intake; breastfeeding children; seeing a doctor if there is family history of breast cancer or inherited changes in BRCA1 (breast cancer gene 1) and BRCA2 (breast cancer gene 2).

Women can have different symptoms of breast cancer — some do not have any signs or symptoms at all, the CDC noted. Warning signs of breast cancer include a new lump in the breast or underarm (armpit); thickening or swelling of part of the breast; irritation or dimpling of breast skin; redness or flaky skin in the nipple area or the breast; pulling in of the nipple or pain in the nipple area; nipple discharge other than breast milk, including blood; any change in the size or the shape of the breast; and pain in any area of the breast. If you have any signs or symptoms that worry you, see your doctor immediately.

The Department of Health (DoH) emphasized the importance of regular breast self-examination (BSE) and the critical role of regular mammograms in the early detection and treatment of breast cancer.

“Kamay Gabay, Sariling Salat sa Suso,” a series of four-minute animated BSE tutorial videos in Cebuano and Tagalog, aims to teach Filipino women how and when to do BSE and raise awareness on the importance of regular BSE to facilitate early detection and prompt treatment of breast cancer.

“Unlike other cancers, breast cancer can be screened and diagnosed early. Performing BSE regularly makes women aware of their breasts and they will be the first to notice any notable changes. It is important to perform BSE especially during the pandemic when many women are afraid of going to the hospitals whether they be non-breast cancer patients going for a routine screening, cancer patients on treatment or cancer survivors on their regular checkup,” said Kara Magsanoc-Alikpala, founding president of ICanServe.

TEODORO B. PADILLA is the executive director of the Pharmaceutical and Healthcare Association of the Philippines (PHAP), which represents the biopharmaceutical medicines and vaccines industry in the country. Its members are at the forefront of research and development efforts for COVID-19 and other diseases that affect Filipinos.



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#### PRESENT:

Councilor	HON. VIRGILIO V. HILARIO, JR. – Temporary Presiding Officer
Councilor	HON. DENNIS B. ALMARIO
Councilor	HON. MARIA DOLORES M. ARAYON
Councilor	HON. MARTIN JOHN PIO Q. ARENAS
Councilor	HON. JOEL M. ARIONES
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Councilor	HON. BENEDICT B. BANIQUED
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Councilor	HON. JOSE C. VILLENA, IV
Councilor	HON. ANNA ALCINA M. YABUT
LnB President	HON. MARIBEL F. VITALES
SK President	HON. RODOLFO C. SAN PEDRO, JR.

#### N.B.

Vice Mayor	HON. MONIQUE YAZMIN MARIA Q. LAGDAMEO – Vacation Leave
Councilor	HON. RENE ANDREI Q. SAGUISAG, JR. – Vacation Leave

#### ALSO IN ATTENDANCE:

Secretary to the Sanggunian	ATTY. DINDO R. CERVANTES
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Upon motion of Hon. J.M. Ariones, duly seconded, the Sangguniang Panlungsod of Makati, by a unanimous vote, approved City Ordinance No. 2022-A-077 on third and final reading.

#### CITY ORDINANCE NO. 2022-A-077

Authors: Hon. A.P. Padilla, Hon. R.A.Q. Saguisag, Jr., Hon. D.B. Almario, Hon. B.B. Baniqued, Hon. V.V. Hilario, Jr., Hon. M.F. Viales, Hon. R.C. San Pedro, Jr., Hon. J.M. Ariones, Hon. A.J. Cruz and Hon. C.C. Ortega

Co-Authors: Hon. M.D.M. Arayon, Hon. M.J.P.Q. Arenas, Hon. L.S. Javier, Jr., Hon. E.M. Marquez, Hon. K.T. Sarosa, Hon. J.C. Villena, IV and Hon. A.A.M. Yabut

**AN ORDINANCE DECLARING THE BARANGAY DEVELOPMENT INVESTMENT PROGRAM (BDIP) FOR C.Y. 2023-2025 OF BARANGAY PEMBO TO BE IN CONFORMITY WITH EXISTING LAWS, RULES AND REGULATIONS.**

**WHEREAS**, R.A. No. 7160, otherwise known as the Local Government Code of 1991, provides that the barangay development council shall prepare the barangay development plans based on local requirements;

**WHEREAS**, Section 114 (a) of the same Code states that the policies, programs, and projects proposed by local development councils shall be submitted to the sanggunian concerned for appropriate action;

**WHEREAS**, the pertinent provisions of the abovementioned law likewise imply that the Sangguniang Panlungsod shall have the power to review/approve the public investment programs of the component barangays;

**WHEREAS**, the Sangguniang Barangay of Pembo, by virtue of Barangay Resolution No. 05 Series of 2022, approved its Barangay Development Investment Program (BDIP) for C.Y. 2023-2025, a copy of such barangay resolution, including its supporting documents, is hereto attached and made an integral part hereof as **Annex “A”**;

**WHEREAS**, the Honorable Members of the Sangguniang Panlungsod of Makati extensively reviewed the subject BDIP;

**WHEREAS**, after careful perusal of available documents, it was ruled upon by the Members of the Sangguniang Panlungsod of Makati that the proposed BDIP for C.Y. 2023-2025 of Barangay Pembo is compliant with the minimum requirements as prescribed by existing laws, rules and regulations; hence, this Ordinance.

**NOW, THEREFORE, BE IT ENACTED, AS IT IS HEREBY ENACTED BY THE SANGGUNIANG PANLUNGSOD OF MAKATI, METRO MANILA, BY VIRTUE OF THE POWERS VESTED IN IT BY LAW, IN SESSION ASSEMBLED, that:**

**Section 1.** The BDIP for C.Y. 2023-2025 of Barangay Pembo is hereby declared to be in conformity with existing laws, rules and regulations.

**Section 2.** The *Endorsement* dated 12 August 2022 by the Barangay Budget Review Committee (BBRC), which attests that the BDIP for C.Y. 2023-2025 of Barangay Pembo substantially complies with the requirements of such Committee, is hereby adopted *in toto*, a copy of the said *Endorsement* is hereto attached and made an integral part hereof as **Annex “B”**;

**Section 3.** The provisions of this Ordinance are hereby deemed separable. If any provision hereof should be declared invalid or unconstitutional, the remaining provisions shall remain in full force and effect.

**Section 4.** All ordinances, resolutions and executive orders which are inconsistent with any of the provisions of this Ordinance are hereby repealed or modified accordingly.

**Section 5.** Let copies of this Ordinance be furnished to the Office of the Mayor, Office of the City Administrator, Law Department, Budget Department, Accounting Department, Urban Development Department, Department of the Interior and Local Government (DILG)-Makati City, Liga ng mga Barangay, Sangguniang Barangay of Pembo and other departments, offices, and agencies concerned for their information, guidance and reference.

**Section 6.** This Ordinance shall take effect immediately upon its approval.

**ENACTED BY THE SANGGUNIANG PANLUNGSOD OF MAKATI, METRO MANILA**, in its Regular Session held on 14 September 2022.

Certified true and correct by:

ATTY. DINDO R. CERVANTES  
Secretary to the Sangguniang Panlungsod

Attested by:

HON. VIRGILIO V. HILARIO, JR.  
Temporary Presiding Officer  
Member, Sangguniang Panlungsod

Approved by:

HON. MAR-LEN ABIGAIL S. BINAY  
City Mayor