



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 12th February 2025

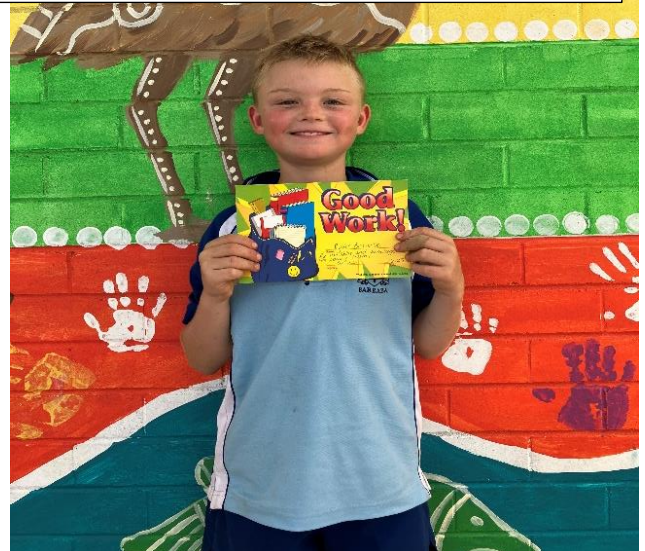
St Joseph's School awards for Term 1, Week 1



Students of the Week - Lucas, Millah, Isabelle R and Oliver



Captains Award - Issie M



Library Award - Ryder

Mobility Scooters for Sale.

Are you thinking of buying some form of mobility scooter? Why pay retail price? Come around to Dave's at 17 Henry St Barraba and pay wholesale. I am importing Scooters direct from China prices start from as little \$1700.

Details of scooter: it's lightweight, folds up for transport, it has a strong night light, warning buzzer, extra child seat, powerful three speed motor, large rear basket and front basket, also reverse gear, 25 to 40-kilometre range, six hr battery recharge. Come and test one. Home most days, just ask for Dave.





**BARRABA RSL &
RECREATIONAL CLUB LTD**

Phone 67821379
For the information of
members and guests.

THIS WEEK

THURSDAY 13th FEBRUARY

Bingo from 6pm

FRIDAY 14th FEBRUARY

Meat Raffles, tickets on sale from 5.30pm.

MEMBERSHIP DRAW \$1100

SUNDAY 16th FEBRUARY

ANGLERS CLUB RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

MEMBERSHIP DRAW \$1600

ATTENTION MEMBERS & GUESTS.

**FROM THE 19TH FEB-28TH FEB OUR CLUB WILL BE
UNDERGOING REPAIRS. DURING THIS TIME THERE WILL BE
MINOR DISRUPTION. WE APOLOGIZE FOR ANY
INCONVENIENCE THIS MAY CAUSE.**

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

MONDAY/TUESDAY/WEDNESDAY: CLOSED

THURS/FRI/SAT: Lunch 12-2pm. Dinner from 6pm

SUNDAY: 12-2pm



Have you heard? Lodge Saint Andrews in conjunction with Manilla RSL Sub-Branch, Manilla CWA and Manilla Central School is hosting a Debutante Ball, to held on the 3rd of May at the High School Hall.

Young ladies of sixteen or older, from Barraba and Manilla, who would like to participate are encouraged to contact Kate Phelps at Manilla Motel, phone number is 0432 955003, for further information.

The Ball committee has been working tirelessly gathering dresses, suits, shoes and all the necessary components to minimise costs to the families. We have the dresses and a seamstress to make any alterations as may be required. Also, we have a donation of ladies' shoes, hair dressing and makeup.

The committee is reaching out to the businesses of Barraba and Manilla to help fund this special event. Those wishing to sponsor the Ball by way of a raffle prize or financially will receive recognition and exposure as a sponsor on the night of the Ball and in the local news outlets. Please contact Bob Dixon if you will be a sponsor on 0428 885564.

Senior Citizens Meeting Notice

All members and intending members are reminded that the monthly meeting for February 2025 will be held at the Lodge on Friday 21st February at 1pm.

Carole Lewis
Hon Secretary

Barraba Medical Centre

The Medical Centre will be closed Friday 14th, Monday 17th & Tuesday 18th February and will reopen Wednesday 19th February at 9am. We apologise for the inconvenience. If you require medical assistance, please present to the Barraba Hospital or call 000 in an emergency.
Barraba Medical Centre Staff



The Vic

- * Imported and craft beer
- * Wine and cocktails.
- * Finger food available
- * Wednesday to Sunday
- * 11am to 9pm

**Cnr Queen and Alice Streets
Barraba Phone 02 67825375**



**ATTENTION MEMBERS AND
GUESTS OF BARRABA RSL & REC
CLUB**

**FROM WEDNESDAY 19TH FEBRUARY TO 28TH
FEBRUARY OUR CLUB WILL BE
UNDERGOING REPAIRS AND WORKS.
DURING THIS TIME THERE WILL BE MINOR**

DISRUPTIONS.

WE APOLOGIZE FOR ANY INCONVENIENCE THIS MAY CAUSE.



The Land Sydney Royal AgShows NSW Young Woman Zone 4 Final was held in Barraba on the 8th February 2025. The winners were sashed by Domonique Wyse the Sydney Royal AgShows NSW Young Woman 2024. There were 15 entrants in the competition with judging interviews and lunch taking place at the Playhouse Hotel and the presentation dinner at the Barraba Golf Club.

Congratulations to all entrants and to the winners: Claudia Williams from Narrabri Show Society and Chennelle Winsor from Gunnedah Show Society. Claudia and Chennelle will now represent Zone 4 at the Sydney Royal Easter Show in April.



Chennelle Winsor and Claudia Williams

Congratulations to the Barraba Show Society and thank you to all sponsors and volunteers who helped with conducting this very successful event.



Barraba Hospital Auxiliary

Happenings:

The Hospital Auxiliary Committee held their first general meeting for 2025 on the 7th of February at the Day Centre. At the meeting discussions were held to organise attendance at the Regional Conference in Walcha on the 1st March, State Conference in Orange in October and ideas to complete the quiet room court yard area.

Kim Peake, newly appointed Health Service Manager, attended and spoke about the new structure of the Hunter New England Health Service District and also passed on 2 verbal compliments that she had received from family members regarding the new furnishings in the quiet room. It is very gratifying to hear that these items have been able to bring comfort to family and friends whilst visiting family members and friends in hospital. Congratulations to Kim on her appointment as the Manager.

Congratulations also to Jenny Simpson, our very capable and dedicated Treasurer who was announced as the Barraba Citizen of the Year on Australia Day.

A HUGE thank you to the Barraba Bowling Club - Fishing Club for their very generous donation of \$2,000.00 to the Hospital Auxiliary. This donation will be spent on equipment and improvements in the health service for Barraba community members & staff to benefit from.

After the meeting members in attendance enjoyed a Happy 2025 New Year lunch. Thank you to everyone for your contributions to our yummy lunch.

We wish all members who were unable to attend due to illness a speedy recovery and we look forward to catching up at our next meeting. If you would like to join the auxiliary and help raise funds for our local Health Service patients and staff the next meeting is on the 14th March, 10am at the Day Centre. Thank you for supporting the auxiliary, the people of Barraba & wider community who access our Health Service.



Auxiliary members enjoying lunch after the meeting.

BARRABA SHOW SOCIETY
JNR/NOV RODEO
8TH MARCH 2025

4pm Barrel Race 7pm Rodeo Events
Contact: Sam Knight - 0417 834 173

BAR and FOOD AVAILABLE

ENTRIES OPEN VIA ABCRA iCOMPETE: 18 FEBRUARY LOCAL BULLOCK ENTRIES ON THE DAY

FEATURE: Barraba IGA Local Bullock Ride Calcutta

Barraba Motors Jackpot 8-U11 Steer Ride	EF: \$30	AB: \$10
McNeill Fabrications Jackpot 11-U14 Steer Ride	EF: \$30	AB: \$10
Barraba Beef Jackpot 14-U18 Steer Ride	EF: \$30	AB: \$10
Paul Hodges Mem. Jackpot Novice Saddle Broncs	EF: \$50	AB: \$30
Barraba RSL Amateur Anglers Jackpot Nov Bull	EF: \$40	AB: \$20
Cowboy Cartel Jackpot 14-U18 Jnr Bull Ride	EF: \$30	AB: \$10
Browndog Boxing Gym Jackpot Local Mini Bull Ride	EF: \$30	AB: \$10
Barraba Chemist Jackpot 8-U11 JR Barrel Race	EF: \$20	AB: \$10
Babes in the Bush Jackpot 11-U14 Barrel Race	EF: \$20	AB: \$10
Wards Plumbing Jackpot 14-U18 Barrel Race	EF: \$20	AB: \$10
Rally Barraba Jackpot Novice Barrel Race	EF: \$45	AB: \$20

Overnight camping available through iCompete
 Alcohol only to be had in designated areas purchased from this venue.
 No Glass. Committee is not registered for GST. All Prizemoney is not inclusive of GST.
 Paid out 1st to 5th. Payouts via ABCRA head office. The committee reserves the right to refuse entry or to alter the programme.

place through volunteering, advocacy or innovation, please let me know by nominating them for my Seniors Local Achievement Award.”

Nominations are now open for the Seniors Local Achievement Award and close on the 23rd of February.

“I’m looking forward to seeing our local nominees and learning more about the great things they are doing for our community,” Mr Anderson added. “Nomination forms can be picked up at my office, or you can have them emailed or posted to you by contacting my office on 6766 1422.”

The 2025 NSW Seniors Festival runs from 3-16 March with a range of events being run across NSW. For more information about NSW Seniors Festival and the Local Achievement Awards, visit seniorsfestival.nsw.gov.au



SHINING A LIGHT ON OUR SENIORS

A community hero, a passionate advocate, a committed volunteer – the hunt is now on to nominate an exceptional local senior as part of the 2025 NSW Seniors Festival Local Achievement Awards.

Member for Tamworth, Kevin Anderson, said seniors make a major contribution and are a valued part of the region’s community. “We are fortunate to have seniors living in our community who go above and beyond, sacrificing their free time to better the lives of those who live around them,” Mr Anderson said. “Their endless energy, commitment and compassion is something we can all learn from which is why it’s important we take the time to recognise them and celebrate their achievements. The Seniors Local Achievement award does that by shining a light on those who are recognised by their friends, neighbours, and families as an outstanding local senior. If you know an outstanding local senior who makes our community a better

Be ready. Learn how to save a life.

Barraba Campus
 Call Toby on
 0438 546 519

17 Feb

ccni.nsw.edu.au

NATIONALLY RECOGNISED TRAINING

HLTAID009 Provide cardiopulmonary resuscitation
 HLTAID010 Provide basic emergency life support
 HLTAID011 Provide first aid

Community College Northern Inland
 RTO 90027
 47 Fitzroy Street
 Barraba NSW 2347
 Freecall 1800 952 264

History Notes for 12th February 2025.

Margaret Currell is not well this week, so I, Julie Williams (ph: 0412603831, email juliew@shoal.net.au) am writing the history notes. I am the Facebook admin for the Barraba Historical Society and I receive queries via the Facebook page.

This week we had some interesting information from a descendant of the Ellicott family, some of whom lived in Barraba in the 1930s. Coincidentally, Marjorie Ellicott was the wife of Walter York and they built and lived in the house in Alice Street where we live now! Cheryl who contacted us is the great granddaughter of Marjorie's mother Margaret Ellicott who lived next door. Cheryl has a number of photos from Marjorie York's album. I am hoping someone can please provide more details about these photos.



This is Margaret Ellicott on a suspension bridge. Can anyone tell us anything about the bridge?



This is Roy Ellicott (Cheryl's grandfather) on the same bridge.



This is labelled "The Barraba Fire". Does anyone have more clues?



Councillor Catch Ups

are starting again for 2025, with the first opportunity for the new year being held in Tamworth at the Saturday Community Markets on Saturday 8 February, from 10am to 11am.

Late last year, many community members engaged with Councillors at Nundle, Manilla, and Kootingal to discuss local issues important to them.

Councillor Catch Ups are an opportunity to connect, share ideas, and raise any concerns.

Next catchup at BARRABA: SATURDAY 8 MARCH at the Museum Markets



AMA welcomes government's significant investment in women's health

The federal government has shown a strong commitment to women's health by announcing several measures that will improve access to reproductive healthcare.

AMA President Dr Danielle McMullen said the federal government's announcement of a Medicare funding boost for long-term contraceptives was a particularly significant step forward for women's health.

"Long-acting reversible contraceptives are the safest and most effective form of contraception, and we are pleased to see the federal government commit to a boost in Medicare funding that will provide greater access to intrauterine contraceptive devices and implants, particularly through general practice," Dr McMullen said. "We are also pleased to see the listing of new oral contraceptive pills and menopausal hormone therapies on the Pharmaceutical Benefits Scheme from March 1, which will provide almost immediate savings for women."

Last year, the AMA made a strong call for action to the Senate Standing Committee on Community Affairs to improve equality for women suffering from menopausal and perimenopausal symptoms in Australia.

"The federal government has taken very positive steps forward in response to our calls, also promising to introduce a new Medicare rebate item for menopause health assessments on July 1, so women experiencing menopause and perimenopause can get the support they need from their GP," Dr McMullen said.

Additional funding to increase the number of endometriosis and pelvic pain clinics and expanding their role to encompass

menopause and perimenopause is also an important part of efforts to ensure patients have access to multidisciplinary care.

"This announcement today is a major investment in women's health and will provide significant relief for women across Australia," Dr McMullen said.

The AMA, however, is disappointed to see the federal government follow state and territory governments in announcing funding for two national trials that side-step best practice, medical prescribing and proven oversight for some treatments for urinary tract infections (UTIs) and oral contraceptives for certain women.

"We strongly opposed these trials being implemented in states and territories, due to the fragmentation of care and undermining the role of family GPs, who are more qualified to guide the treatment of UTIs," Dr McMullen said. "The Therapeutic Goods Administration has previously said the risks of the pill mean it should only be prescribed by a doctor, and we note that the government's commitment only extends to supporting eligible patients who have already been prescribed oral contraception by a GP. With better access to long-acting reversible contraceptives, patients should really be having a conversation with their GP about what is the safest and most effective option for them, and this includes concession card holders who often face no out of pocket costs for a visit to a GP."

Letter to the Editor

Dear Editor,

In the last two weeks, I had a very positive experience with Telstra service – I thought it is worth writing about.

Like many residents and businesses in Barraba, my landline stopped working after the big thunderstorm on 29 January. The Telstra website told me that estimated time to restore the service was 7 February. As I thought this was a little long, I emailed Barnaby Joyce's Office expressing my concern. The next working day I received a text message from Telstra, followed by a phone call from a Telstra Complaints Officer explaining what was happening and diverting my landline to my mobile number.

When service was restored, I received another phone call from the same Complaints Officer asking if everything was OK with my phone. She removed the diversion, and organised a refund for the time my landline was out. She also gave me her name and direct contact details in case there were further problems.

Thank you, Telstra for that good service.

Terry Threlfall

Threat levels increasing ahead of Safer Internet Day

With the rapid acceleration of digital weaponisation, the use of fake images being distributed online, and cyber-bullying, Kids Helpline is calling for the community to use Safer Internet Day on February 11 to focus on the importance of ongoing education for all, especially children and young people.

Safer Internet Day Australia is a day to teach children of all ages about internet safety and to help promote responsible, secure, and positive internet use. To support the ongoing development of digital literacy, schools can engage with Kids Helpline @ School to book an educational and fun session delivered virtually via video conferencing nationally. The Kids Helpline @ School program offers age-appropriate tailored psychoeducational sessions for online safety and wellbeing for primary and high school aged children.

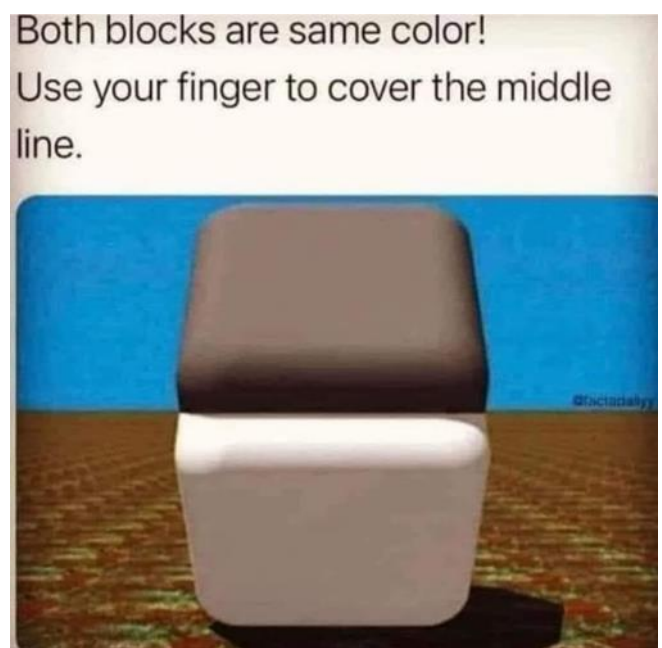
Safer Internet Day serves as a reminder to educate children and young people to stay safe online, the potential of cyber-attacks, unsafe friendships, misuse of personal information, and cyber bullying are a real and present danger.

Kids Helpline top tips for parents/carers/teachers or anyone involved in supporting young people.

- **Be curious.** Ask your kids/teens about their experiences online. Ask them how they already manage their mental health online, or how they've already responded to tricky situations. (This gets them to critically think about their strengths and problem-solving skills). You can also talk through tricky scenarios and what they might do, e.g. how would they check if something was a scam or not?
- **Upskill together.** Did you know that most sites and apps offer tools to keep young people safe – and these tools are constantly evolving? Together, check out some of the safety and security features each app/site they use offers – the eSafety Guide is a great place to start! <https://www.esafety.gov.au/key-topics/esafety-guide>
- **When talking about risks, keep the conversation balanced.** Focusing too much on 'worst case scenarios' can cause teens in particular to switch off. It's important to talk about lower-level risks, as well as the positives of being online, as this will allow young people to feel safer discussing things openly. If you're feeling stuck, some topics include: how they manage or 'hack' the algorithm, how they deal with conflict in group chats, who they follow to feel good about themselves, etc.
- **Have a 'get out of jail free' plan.** Many teens who experience a 'worst case scenario' situation online don't tell their parents due to feelings of shame, fear of their parents' reactions, or getting their tech taken away.

Instead, make a plan together about how your teen can trigger a 'get out of jail free card' to safely approach you in a crisis. Talk through what they can say and keep the focus on how you will work together to solve the problem and make sure everyone involved is safe. Give examples (and don't be afraid to you use words or discuss topics that are a bit uncomfortable), e.g. "If you saw distressing pornography..." or "If a friend posted that they were suicidal", etc. Discussing things explicitly like this stops it from being taboo and increases the chances of your young person seeking your help immediately, rather than delaying or trying to fix things themselves. (Please note: this doesn't mean there won't be consequences for them; rather you can involve your teen in determining consequences a few days later, once the issue itself is properly dealt with).

- **Explore help-seeking options.** Let teens know about Kids Helpline and eSafety as safe, reputable places they can go to for information and support. (You can even visit the sites and check them out together).



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Contacts: Bronwyn 0447165008 Office: 02 67821662

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CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening
Mass 6pm
All other Sundays 9am

BARRABA UNITING CHURCH NOTICES

Sunday 16th February 2025 at Barraba
8:45am for all services.
All Welcome.

From Fr. Curran

One of the great Christian writers of the 1900s was an Irishman Clive Staples Lewis (1898-1963). He is commonly known as C.S Lewis, famous for writing the Narnia novels. Great fantasy movies, appealing to children and adults have sprung from those books with a Christian message. I have read he was of the Anglican Christian tradition. He knows JRR Tolkien very well, the author of "The Lord of the Rings" trilogy. Some trivia for you there.

One of his most practical and engaging statements was "You cannot just go on being a good egg in life. You must either hatch or go bad."

What Lewis is getting at is that there has to be a time in someone's life where their good intentions need to be put to good use. If someone is not using their gifts in a positive and practical way, then they can so easily decay and the rich potential of someone's life may never be known.

This reality came to me recently while I was reflecting on this Gospel text; "Simon Peter's mother-in-law was sick in bed with a fever and as soon as Jesus arrived, he was told about her. He took her by the hand and helped her up. The fever left her, and she began to wait on them." (Mark Chapter 1, verse 29-31).

The name of this woman, the mother-in-law of Peter, like so many in the ancient world, has never been recorded; yet when she was given the gift again of good health, she did something with it by consciously serving the people around her.

After Jesus healing her he must have done a good job as she felt well enough to immediately be of service to others.

She wasn't just a good egg, she hatched into an even better person. God created us all with wonderful gifts, but if we don't "Let go" and break out of our shells, we will never do the things God asks of us. And we may not be of much use to the community around us. The Australia Day Awards present to us, time and again, the wonderful things people do selflessly, for others. Let us follow the example of Jesus in calling us out of the tomb of our lives, into the light where our good works can shine out for all to see.

Message and greetings from Fr John Curran of St John's Catholic parish

ANGLICAN CHURCH TIMES

St Laurence's Barraba
Sunday service at 10.00am
2nd Sunday of every month, 11:30am at Woodsreef

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Greek Chicken & Risoni Bake

From Josephine Rand and The Free Range Butcher

This Greek Chicken and Risoni Bake is a true delight for your taste buds. It's a quick and easy recipe that brings together wholesome ingredients like chicken, tomatoes, feta cheese, olives, and oregano, whisking you away to a sun-soaked beach in Greece with every bite. Bursting with flavour, this dish offers a balanced meal that includes carbs, protein, healthy fats, and plenty of vegetables—everything you need for a satisfying and nourishing meal (Serves 6-7).



Ingredients:

- 1-2 tbsp olive oil
- 1 Butterflied Plain Chicken/500g Chicken Thigh fillets
- 1 red onion, diced
- 4 garlic cloves, crushed
- 1 cup fennel, diced
- 1 carrot, diced
- 2 tomatoes, diced
- 1.5 cups risoni
- 2 cups of salt-reduced chicken or vegetable stock
- 1 cup passata or tinned tomatoes
- 1 pinch salt & pepper
- 1 tablespoon fresh/dried oregano
- 200g cherry tomatoes, halved
- ¾ cup olives of choice
- 100g Greek feta cheese
- 1 handful fresh oregano/parsley for garnish (optional)

Method:

1. Preheat oven to 200°C. If using the butterflied chicken, cut chicken into thigh, breast and wing pieces. Heat saucepan, add olive oil and brown the butterflied chicken pieces or thigh fillets on each side for 2-3 minutes, remove from heat and pan.

2. Heat saucepan, add olive oil, garlic, onion and fennel and brown for 2 minutes. Then add carrots, risoni, diced tomatoes, stock, passata/tinned tomatoes, salt, pepper and oregano. Mix all ingredients until combined and the mixture has come to a boil, this should take approximately 3-5 minutes. Pour mixture into a deep baking tray (1.5L), place chicken on top and bake for 20-30 minutes. By this point, the chicken should be fully cooked, and the risoni should have partially absorbed the liquid.
3. Top bake with cherry tomatoes, crumbled feta and olives and bake for another 5 minutes. Garnish with fresh oregano/parsley leaves and enjoy your risoni bake!

TIP: For a fresh and wholesome side dish to complement your Greek Chicken and Risoni Bake, try serving it with a garden salad dressed with olive oil, fresh lemon juice, salt, and pepper.

RECENT ANNIVERSARIES

- the discovery of the world's largest alluvial gold nugget - the Welcome Stranger weighing 97.14kg - in Moliagul, Australia (1869)
- the US Senate acquitting US President Donald Trump of charges of abuse of power and obstruction of Congress (2020)
- the launch of family fight starter boardgame Monopoly (1935)
- HMS Beagle and Charles Darwin arriving in Van Diemen's Land (Tasmania) (1836)
- Queen Elizabeth II marking her Platinum Jubilee - 70 years on the throne (2022)
- the 7.8 magnitude earthquake that struck Turkey and Syria killing more than 50,000 people and displacing over 3 million people (2023)
- the colonial Tasmanian Parliament passing the world's first secret ballot (1856)
- New Zealand's worst maritime tragedy - HMS Orpheus sunk off the coast of Auckland killing 189 (1863)
- the Black Saturday bushfires in Victoria, which killed 173 people (2009)
- the debut of the Tom & Jerry cartoon (1940)
- the sinking of the HMAS Voyager after colliding with aircraft carrier HMAS Melbourne killing 82 people (1964)
- IBM's Deep Blue becoming the first computer to win a game of chess against a reigning human chess champion - in this case Gary Kasparov (1996)

From The Conversation

An unbroken night's sleep is a myth. Here's what good sleep looks like.

Amy Reynolds, Associate Professor in Clinical Sleep Health, Flinders University

Claire Dunbar, Research Associate, Sleep Health, Flinders University

Gorica Micic, Postdoctoral Research Fellow, Clinical Psychologist, Flinders University

Hannah Scott, Research Fellow in Sleep Health, Flinders University

Nicole Lovato, Associate Professor, Adelaide Institute for Sleep Health, Flinders University

What do you imagine a good night's sleep to be? Often when people come into our sleep clinic seeking treatment, they share ideas about healthy sleep. Many think when their head hits the pillow, they should fall into a deep and restorative sleep, and emerge after about eight hours feeling refreshed. They're in good company – many Australians hold the same belief.

In reality, healthy sleep is cyclic across the night, as you move in and out of the different stages of sleep, often waking up several times. Some people remember one or more of these awakenings, others do not. Let's consider what a healthy night's sleep looks like.

Sleep cycles are a roller-coaster

As an adult, our sleep moves through different cycles and brief awakenings during the night. Sleep cycles last roughly 90 minutes each. We typically start the night with lighter sleep, before moving into deeper sleep stages, and rising again into rapid eye movement (REM) sleep – the stage of sleep often linked to vivid dreaming.

If sleeping well, we get most of our deep sleep in the first half of the night, with REM sleep more common in the second half of the night.



Adults usually move through five or six sleep cycles in a night, and it is entirely normal to wake up briefly at the end of each one. That means we might be waking up five times during the night. This can increase with older age and still be healthy. If you're not remembering these awakenings that's OK – they can be quite brief.

What does getting a 'good' sleep actually mean?

You'll often hear that adults need between seven and nine hours of sleep per night. But good sleep is about more than the number of hours – it's also about the quality. For most people, sleeping well means being able to fall asleep soon after getting into bed (within around 30 minutes), sleeping without waking up for long periods, and waking feeling rested and ready for the day.

You shouldn't be feeling excessively sleepy during the day, especially if you're regularly getting at least seven hours of refreshing sleep a night (this is a rough rule of thumb). But are you noticing you're feeling physically tired, needing to nap regularly and still not feeling refreshed? It may be worthwhile touching base with your general practitioner, as there a range of possible reasons.

Common issues

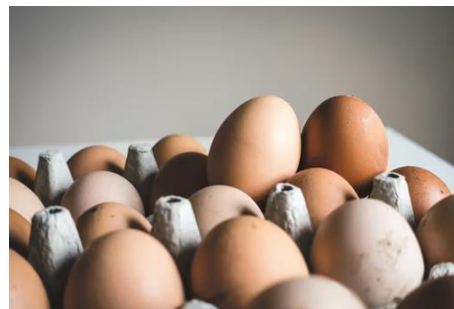
Sleep disorders are common. Up to 25% of adults have insomnia, a sleep disorder where it may be hard to fall or stay asleep, or you may wake earlier in the morning than you'd like. Rates of common sleep disorders such as insomnia and sleep apnoea – where your breathing can partially or completely stop many times during the night – also increase with age, affecting 20% of early adults and 40% of people in middle age. There are effective treatments, so asking for help is important. Beyond sleep disorders, our sleep can also be disrupted by chronic health conditions – such as pain – and by certain medications.

There can also be other reasons we're not sleeping well. Some of us are woken by children, pets or traffic noise during the night. These "forced awakenings" mean we may find it harder to get up in the morning, take longer to leave bed and feel less satisfied with our sleep. For some people, night awakenings may have no clear cause.

A good way to tell if these awakenings are a problem for you is by thinking about how they affect you. When they cause feelings of frustration or worry, or are impacting how we feel and function during the day, it might be a sign to seek some help.



From The Conversation



Are eggs good or bad for our health?

Lauren Ball, Professor of Community Health and Wellbeing, The University of Queensland

Karly Bartrim, Lecturer in Nutrition and Dietetics, The University of Queensland

We also may struggle to get up in the morning. This could be for a range of reasons, including not sleeping long enough, going to bed or waking up at irregular times – or even your own internal clock, which can influence the time your body prefers to sleep.

If you're regularly struggling to get up for work or family needs, it can be an indication you may need to seek help. Some of these factors can be explored with a sleep psychologist if they are causing concern.

Can my smart watch help?

It is important to remember sleep-tracking devices can vary in accuracy for looking at the different sleep stages. While they can give a rough estimate, they are not a perfect measure.

In-laboratory polysomnography, or PSG, is the best standard measure to examine your sleep stages. A PSG examines breathing, oxygen saturation, brain waves and heart rate during sleep. Rather than closely examining nightly data (including sleep stages) from a sleep tracker, it may be more helpful to look at the patterns of your sleep (bed and wake times) over time.

Understanding your sleep patterns may help identify and adjust behaviours that negatively impact your sleep, such as your bedtime routine and sleeping environment. And if you find viewing your sleep data is making you feel worried about your sleep, this may not be useful for you. Most importantly, if you are concerned it is important to discuss it with your GP who can refer you to the appropriate specialist sleep health provider.

You might have heard that eating too many eggs will cause high cholesterol levels, leading to poor health. Researchers have examined the science behind this myth again, and again, and again – largely debunking the claim. A new study suggests that, among older adults, eating eggs supports heart health and even reduces the risk of premature death.

Let's unpack the details.

What was the study?

Researchers examined data from a large, ongoing study that is following older adults and tracking their health (the ASPREE study).

In their analysis of more than 8,000 people, they examined the foods people usually eat and then looked at how many participants died over a six-year period and from what causes, using medical records and official reports.

Researchers collected information on their diet through a food questionnaire, which included a question about how frequently participants ate eggs in the past year:

- never/infrequently (rarely or never, 1–2 times per month)
- weekly (1–6 times per week)
- daily (daily or several times per day).

Overall, people who consumed eggs 1–6 times per week had the lowest risk of death during the study period (29% lower for heart disease deaths and 17% lower for overall deaths) compared to those who rarely or never ate eggs. Eating eggs daily did not increase the risk of death either.

How reputable is the study?

The research was published in a peer-reviewed journal, meaning this work has been examined by other researchers and is considered reputable and defensible.



In the analysis, factors such as socioeconomic, demographic, health-related and clinical factors, and overall dietary quality were “adjusted” for, as these factors can play a role in disease and the risk of early death. Researchers received funding from a variety of national funding grants in the United States and Australia, with no links to commercial sources.

What are the limitations of this study?

Due to the type of study, it only explored egg consumption patterns, which participants self-reported. The researchers didn’t collect data about the type of egg (for example, chicken or quail), how it was prepared, or how many eggs are consumed when eaten.

This analysis specifically looked for an association or link between egg consumption and death. Additional analyses are needed to understand how egg consumption may affect other aspects of health and wellbeing. Lastly, the population sample of older adults were relatively healthy, limiting how much findings can be applied to older adults with special needs or medical conditions.

What is ASPREE?

ASPREE (ASPIrin in Reducing Events in the Elderly) is an ongoing, large, randomised, placebo-controlled clinical trial involving more 19,000 participants in Australia and the US. This means some people in the trial were given an intervention and others weren’t but neither the participants nor the researchers knew who received the “placebo”, or dummy treatment.

ASPREE started in 2010 to investigate whether low-dose aspirin (100 micrograms daily) could help prolong older adults’ health and lifespan, specifically by preventing heart disease and stroke. The first findings were published in 2018.

One of the fundamental conclusions of the ASPREE trial was there was no benefit from taking aspirin to prevent

cardiovascular disease (heart disease or stroke). ASPREE is still ongoing as a longitudinal study, which means it provides information on other aspects of healthy living and long-term outcomes in older adults – in this case, the link between egg intake and the chance of death.

Why the focus on eggs?

Eggs are a good source of protein, and contain B vitamins, folate, unsaturated fatty acids, fat-soluble vitamins (A, D, E and K), choline, and minerals. The fuss over eggs comes down to their cholesterol content and how it relates to heart disease risk. A large egg yolk contains approximately 275 mg of cholesterol — near the recommended daily limit of cholesterol intake.

In the past, medical professionals warned that eating cholesterol-rich foods such as eggs could raise blood cholesterol and increase heart disease risk. But newer research shows the body doesn’t absorb dietary cholesterol well, so dietary cholesterol doesn’t have a major effect on blood cholesterol levels. Rather, foods such as saturated and trans fats play a major role in cholesterol levels.



Given these changing recommendations over time, and the nuances of nutrition science, it’s understandable that research on eggs continues.

What does this mean for me?

Whether you prefer boiled, scrambled, poached, baked or fried, eggs provide a satisfying source of protein and other key nutrients.

While the science is still out, there’s no reason to limit egg intake unless specifically advised by a recognised health professional such as an accredited practising dietitian. As always, moderation is key.