



Children below the age of five don't know how to lie

Before the age of five, children do not know how to lie in order to cause harm. If they lie, it is because they do not know the difference between right and wrong and between fact and fiction. They may also lie to make themselves look good and get attention.

Avoid caffeine, eat berries: Habits that can help you get more sleep

Pics: iStock



Your eating choices throughout the day may also affect your sleep at night

You probably already know that how you eat before bed affects your sleep. But did you know that your eating choices throughout the day may also affect your sleep at night? "Although it is difficult to determine whether these two trends are causally linked to one another, more and more research points to linkages between sleep and diet," says Erica Jansen, a nutritional epidemiologist from the University of Michigan.

She adds, "Studies have linked consumption of fatty fish, dairy, kiwi fruit, tart cherries, and other berries like strawberries and blueberries with better sleep. One of the pathways through which these foods may affect sleep is by providing melatonin, an important modulator of sleep and wake cycles in the brain."

Keys to a good night's sleep

Focus on overall healthy dietary patterns throughout the day, with a higher proportion of calories consumed earlier in the day. And, in addition to avoiding caffeine, and heavy meals in the two to three hours before bed, disengage from technology, reduce light exposure and create a comfortable and relaxing environment for sleep.

Consuming berries can help produce melatonin



Foods to avoid for your sleep health

Refined carbohydrates, such as those in white bread and pasta, are metabolised quickly. If you eat these foods for dinner, they can result in waking up from hunger



Caffeine consumed even six hours before bed can make it difficult to fall asleep because it blocks the hormone adenosine, which promotes sleepiness

ENTERTAINMENT

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Script: Dinesh Thakur
Details Contact : 9820285123 Cast: Priita Mathur Thakur, Aman Gupta

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Thane (W): Kamthe Ground, Ghandali Chowk, Vishnu Nagar, Opp. Satyam Collection, Sambhaji Road, Naupada - 400 602
Vile Parle (W): Branded Discount Store, 1st Floor, Next to Alfa, Iria, S.V Road - 400 056

etc. whilst also helping to organise your belongings.
UPDATE YOUR FURNITURE
Furniture is a major component of home decor and plays a dominant role in your design palette. Thankfully, you don't need to purchase new furniture to give your space a refreshing update. Simply reupholster your pieces with vibrant fabrics in varied designs, textures and colours for a unique appearance. "Handmade rattan or cane furniture pieces, such as chairs, tables, or even lighting fixtures like pendant lamps, will not only exude a distinct warmth but also only usher in calm and peace into your living space but also help you stay connected with nature and the outdoors. Go for flowering plants to add colour and vibrancy in your space." Plants also offer numerous benefits, for instance, some of them purify the air, provide relief from stress and more, making them useful additions in a home.
ILLUMINATE YOUR INTERIORS
Lighting can play a key role in setting and uplifting the mood. Highlighting some ways in which people can give their home a modern touch, Devyani Gupta, the co-founder of a furniture

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Affordable, quick, and easy: The home makeover manual everyone needs

If you're out of ideas to give your home a fresh look, then these design cues will come to your rescue



shelves. Not only will these serve as useful additions but also add character and charm to your space. These shelves can be used for displaying decor elements like plants, books, artefacts, clocks,

showcase artisanal craftsmanship and enrich your space," suggests Kantawala.
SET UP AN INDOOR GARDEN
When it comes to creating a pleasing atmosphere in the house, nothing works quite as effectively as plants. Sajal Lamba, the co-founder and director of a luxury furniture brand, shares, "Consider dedicating a small section of your home, like an empty corner or space near the window, for an indoor or kitchen garden. This will not designing studio, shares, "Upgrade your lights by switching to adjustable fixtures like pendant lights with dimmer switches that allow you to control the light intensity based on the desired ambience, sculptural floor lamps that serve as artistic statements, or LED panels behind furniture or architectural features for ambient lighting."
With a few minor upgrades and additions, you can uplift your abode and fill it with positivity.

Master the art of dressing for comfort

Whether it's athleisure outfits, everyday jewellery, or statement bags—take on the year in style with our handpicked selection of must-have pieces

c-Nandinee. Keluskar @timesgroup.com
You don't need an occasion or reason to shop. Whether it's hoodies and sweatshirts, or cosy knitted sweaters, activewear and more—there's plenty you can buy this season. "With athleisure growing in popularity, activewear items like leggings, and trackuits are seeing a surge in demand alongside lounge-wear," informs Shivani Parikh, the founder of a fashion brand.
PRECIOUS PURCHASES
From delicate everyday wear to bold statement pieces, jewellery can make for a timeless acquisition. While classic silver and gold baubles never go out of style, a growing number of customers are also adding gemstones to their jewellery collections. Explaining the reasons behind this, Pranita Bhatia Mehta, the founder and creative director of a jewellery brand, shares, "Jewels adorned with precious gemstones, such as diamonds, emeralds, rubies, pearls, and sapphires, can capture attention like no other."
ALLURING ACCESSORIES
The right accessories can uplift any outfit. From compact clutch-bags to stylish handbags, baguettes and more—there are various handbags you can consider. Moreover, footwear too can help you elevate your ensemble. Men can consider boots and shoes while women can vouch for heels or ballerinas. For a more casual look, consider sneakers and sandals.
PRACTICAL GADGETS
Whether you are a tech freak or just want to flaunt a wearable device, gadgets are exactly what you need. Sachin Tari, an employee at an insurance company, says, "A smartwatch will not only motivate me to stick to my fitness goals, but also give my outfits a stylish edge." Laptops and tablets are also a leading choice among gadget geeks.
With options aplenty, make the most of your shopping spree by considering these items.

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This year, why not give your home a quick makeover with some simple yet effective modifications. From updating your furniture to incorporating some cheerful accessories, here's how you can transform your space.
EMBRACE ART
Colours and art can make any space stand out. Whether it's by way of upholstery, cushions, or curtains, the right combination of hues and textures can lend a space a distinctive character. Saniya Kantawala, the principal designer and founder of an interior design firm, shares, "Incorporating elements like handwoven rugs with intricate patterns, and vibrant tapestries or symbolic artwork on walls, will significantly impact the ambience of your home. Moreover, integrating statement pieces like ornate mirrors or sculptures will also redefine the space's aesthetic." If you're keen to give your walls a fresh update, you can even opt for wallpapers in attractive hues and prints.
SAY YES TO SHELVES
Teaming functionality with aesthetics, shelves are a great option for those who want to update their space without impacting the structure of the house. For this, you can choose between wall-mounted and movable wooden

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