

So, what are you doing with your extra hour?

DAYLIGHT SAVING TIME

Glenda Luymes
SUNDAY PROVINCE

What will you do with an extra hour? Before the clocks fell back an hour at 2 a.m. today, the Sunday Province asked readers what they'd do with the gift of a little more time.

Tyler De Jong said his daughters don't believe in daylight saving time so he'd be waking an hour early, while Grant Notenbomer thought he'd probably sleep — or spend the time anticipating the next episode of zombie drama *The Walking Dead*, set to air Sunday night.

Catherine Wilkins has house painting on her mind, while Lorraine tweeted to say she'd get an early start at her Sunday cleaning job so she could spend more time with her daughter.

A recent Big Brothers Big Sisters survey asked British Columbians what they'd do with an extra hour each week.

Almost one-third said they'd spend the time with family and friends, while 17 per cent said they'd use it to exercise and seven per cent chose community service. Fifteen per cent said they would sleep.

That's a choice endorsed by Vancouver Canucks sleep consultant Pat Byrne.

When asked by the Sunday Province how many hours of sleep we should be getting, Byrne immediately answered: "How well do you want to perform?"

If you get nine to 10 hours of sleep, you'll be at your very best the next day, said the founder of Fatigue Science. If you get seven, you'll manage all right. Any less and your health and safety start to suffer.

Byrne said tests show a noticeable difference in reaction time for each 30 minutes of sleep lost or gained.

In his work with sports teams around the globe, the sleep expert uses a device called a Readiband to analyze athletes' sleep patterns.

University of Montreal professor Dr. Julie Carrier agreed, adding the time change is a tiny bonus for the sleep-deprived.

But the scientist said it also signals some of the darkest days of the year. As daylight dwindles down to Dec. 21, the shortest day of the year, Carrier said the lack of light affects mood, sleep patterns and vigilance.

"This extra hour is not a problem," she said. "It's great to be able to sleep."

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Babych happy to give Mo

Famously bushy Canuck loses moustache for charity

Kent Spencer
SUNDAY PROVINCE

Dave Babych sports one of the bushiest moustaches in the city, perhaps even as good as Harold Snepsts' well-known Fu Manchu.

No more. It was shaved off on Friday as the former Vancouver Canucks star kicked off a month of facial fun for a men's charity the Movember Foundation.

"Movember is not like any other charity," said Babych, 52, who hasn't seen how he looked below the whiskers for 30 years.

"It's about men's health. Probably everybody has been affected one way or another," he said.

Movember, which began in Australia almost 10 years ago, has spread all over the world.

Participants register at movember.com, shave their moustaches at the beginning of the month, then wait until month's end to see whose grows back the fastest.

Along the way, a lot of money has been raised for causes such as prostate cancer and mental health. A total of \$42 million was raised in Canada last year.

Vancouver chairman Peter Verge said men tend to deal with bodily pain by ignoring it.

"Men are less likely to talk



Former Vancouver Canuck Dave Babych goes under the clippers at Yaletown's Killjoy Barbers on Friday. KENT SPENCER/PNG

about their health," he said. "We're encouraging them to see a doctor, get their yearly physical and live a healthy lifestyle."

"Men will go to a mechanic if their car breaks down but they won't see a doctor about their health," he said.

As Babych almost fell asleep under the hot towels applied by barber Martin Rivard at Killjoy Barbers in Yaletown, organizers talked about a new wrinkle being added to this year.

Run director Dana Sebal said

a five-kilometre fun run will be held in Stanley Park on Nov. 23.

"It's all about showing off moustaches and having conversations about health," she said.

"Men tend to think their health issues will go away. Sometimes they just get worse," she said.

The entry fee will be \$40 for adults and \$25 for those under 18. All net proceeds go to charity.

Find out more at moustachemiler.ca.

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