

**MEDIA RELEASE: Friday 13th August 2004**

## **WALLABIES TO WEAR SUNNIES TO SOUTH AFRICA**

The Qantas Wallabies will take the advice of sleep specialists at the Woolcock Institute of Medical Research ahead of their departure to South Africa for the final Tri Nations Test against the Springboks in Durban on Saturday 21 August.

The Wallabies, who fly out tomorrow from Sydney Airport at 10.00am, will all be wearing sunglasses inside and out before departure to assist with getting over the symptoms of jet lag on arrival in South Africa.

Wallaby Team Doctor Martin Raftery says the research and some of the practices will provide the team with a good sleep and recovery strategy to take into the 14-hour flight to South Africa.

Were looking to make sure the players are in the best possible condition to prepare for the match when we arrive, said Dr Raftery.

The Woolcock Institute has advised us of a few techniques to help adjust to the eight hour time difference and the impact of the 14-hour flight west.

One of those strategies is to reduce the amount of early morning light when we leave and then on arrival for the first couple of days, so its a bit unusual but the players will all be asked to wear sunglasses inside and out in the mornings.

Dr Delwyn Bartlett, a research psychologist with the Woolcock Institute of Medical Research says working with the Wallabies is just one example of their activities.

Helping the Wallabies cope with jet lag is just a more dramatic example of our routine work helping in the management of shift work, insomnia and any state where individuals are out of phase with their body sleep rhythms, said Dr Bartlett.

Information used by the Woolcock Institute of Medical Research in the development and management of strategies to cope with jet lag and shift work are based on combining the best research from around the world with our clinical experience.

The Wallabies will receive a sleep lecture from Dr Bartlett and Dr Naomi Rogers, a researcher in sleep deprivation, prior to their departure to South Africa and will also be issued with team sunglasses from Kaenon Polarized.