

'If Charlie Sheen had found a cure for cancer, he wouldn't be getting as much press as he is now... It ain't ever a good idea to make a big announcement about how you're suddenly clean and sober, 'cos chances are you'll fall off the wagon'

Ask Dr Ozzy

+ Dear Dr Ozzy Every night I go to bed with my dog, Ozzy (named after you), and wake at 4am. I want to sleep more, but no matter what I do, I can't. Is this something to do with my four-legged friend? Sammy [no address given]

I don't see how one dog could be much of an issue. I go to bed with 17 dogs, about 20 mobile phones and the wife. It sounds more like you've got a sleep disorder. I've had the same problem for years, so I got someone to come to the house, put these electrode things on my head, hook them to a computer, and see what was going on in my brain. He was up all night, this guy, twiddling his knobs and studying his graphs — he must have a sleep disorder himself. When the results came, my doc put me on a mild antidepressant, which helps me nod off easier. It beats sleeping pills. Or whacking myself on the head with a mallet.

+ I'd like to become obnoxiously, filthy rich in 30 days. I have no talent; no rich uncle or aunt; no great business idea; nor am I considered lucky or beautiful. Any tips? Alan, Ewell

Declare your house to be a republic, then print your own currency. Put my face on the bank notes if you want. Another tip: you might have more luck in the money department if you spent less time writing to Dr Ozzy.

+ Is it true that eating a big meal late at night makes you fatter than if you ate the same meal for lunch? Dolly, Hereford

It depends. If you're a competitive eater who can shove 66 hot dogs down your throat in 12 minutes flat, I don't think you'd put on less weight if you ate 'em for breakfast. But if you eat a normal diet, it seems logical that it's better to eat less



before you go to bed, not just for your weight but to prevent acid-reflux syndrome. The trouble is, if I don't have a good meal at night, I can't sleep, especially after a two-hour gig. So I'll end up having a salad, then five minutes later, ordering a pizza. A guaranteed way to become a porker.

+ Is Charlie Sheen winning? Or is it impossible to lead such a wild existence without a tragic conclusion? Ted, Yorkshire

There are three things I don't like talking about these days: religion, politics and Charlie Sheen. I'll say this, though: if Sheen had found a cure for cancer, he wouldn't be getting as much press as he is now, which says more about us than it does him. Also, it ain't ever a good

idea to make a big announcement about how you're suddenly clean and sober, 'cos chances are you'll fall off the wagon and I guarantee there'll be a camera there, waiting for you. Been there, done that, got the T-shirt, the baseball cap, the mug-and-spoon set, and every other souvenir you can think of.

+ My friend has a rare phobia: she's terrified of pigeons. Is there a cure? Anna, Finland

I ain't got a clue, but if your friend lives in Finland, how many pigeons does she come across on a daily basis? If she lived in the middle of Trafalgar Square, it may be a problem. It's not like the Finns eat pigeons, either: all they have there is reindeer and more reindeer. Tell her to picture a sparrow and relax.

+ When I clear my throat, is it ever okay to spit? Glenn, Birmingham

Depends what you do for a living. If you're a professional footballer, it would be rude not to.

+ My teenage daughter gets red flushes when she drinks alcohol. But she says if she takes a stomach-acid tablet before she goes out, it can be controlled. Is this dangerous? Anonymous, Berkshire

Let's get this straight: you're worried about the stomach-acid tablet but not the booze? Well, here's a little secret: I've been thrown in jail more times than I can remember; I've almost died on a number of occasions and once tried to kill my own wife. None of this happened because of Pepto-Bismol.

+ I've just turned 68 and have the opposite problem to your premature 'cork-popper' the other week. It doesn't matter how racy my thoughts — say, Catherine Zeta-Jones in a maid's outfit — I'm still hard at work after the missus is ready for a cigarette. What can I do? Dave, Wales

They have a word for this: "anorgasmia". There's another term: it's called "being 68 years old". If it's any consolation, the most exciting thing that happens in my bedroom most nights is an episode of Law & Order. Having said that, you should get your prostate checked out and ask your doctor about the side effects of any drugs you're taking ■ *Ozzy was talking to Chris Ayres*

Do you have a question for Dr Ozzy? Email him at askdrozzy@sunday-times.co.uk

Warning: Ozzy Osbourne is not a qualified medical professional. Caution is advised