



# Article Side

A List of Ten Sleep Myths and Misconceptions Disproved and Explained by [Kiersten Jeffery](#)

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Despite this there are those nights, where we are tossing and turning and peer over at the clock every 5 minutes worrying about how much sleep we are going to get.

Below are ten popular sleep myths, which are commonly believed to be true. Accompanied with tips and ideas to make sure you get a good nights sleep.

1. Every Adult needs around 7 and 8 hours of sleep per night This is not entirely true, although the average person does sleep for around 7 or 8 hours, Instead of trying to get the average, find out what suits you best and stick to that.
2. We should try to make up for all our lost sleep on subsequent nights This is not ideal as your sleep pattern will become disrupted and although you will wake up feeling refreshed Monday morning, you will slump Mid-afternoon. Instead try to sleep around the same at weekends, or no more than an extra two hours sleep.
3. The older you are the less sleep you need. However the older you get the more difficult it may be to sleep, it might become lighter and you may find it is easier to be woken up by the slightest noise.
4. Waking up during the night means you'll be tired all day. This slight lack of sleep will not make you noticeably sleepier during the day, it will also hinder your ability to make decisions and react quickly, as well as fighting off infections. If this is consistent your sleep debt will build up making you feel excessively tired.
5. Naps are a waste of time. A full nights sleep cannot be replaced however a power nap can restore you and make you feel more alert to a certain extent. Taking a nap after 3pm can affect your sleep pattern for that night, making you less tired so it being more difficult to fall asleep.
6. A good workout in the evening will make you tired so you'll fall asleep faster. Exercise is recommended during the day as it increases your temperature However some people find it makes it easier to fall asleep, so find out what's best for you.
7. It's good to hang out in your bedroom at night, before you go to sleep, because it will get you "ready" to fall asleep. Its all part of getting into a routine before going to bed, your body recognises that you are preparing yourself for sleep and gets your body ready. This way you will fall asleep a lot quicker.
8. Eating before bedtime will cause nightmares It has not yet been proven that certain foods do cause nightmares. However eating before bed will cause discomfort and will restrict digestion, therefore resulting in a interrupted and irregular sleep.
9. Snoring is the same as Sleep Apnea It is a common misconception that Snoring is the same as Sleep Apnea when in fact Sleep Apnea is a lot more serious as the sufferer will stop breathing several times a night. To help with the condition, use of a CPAP mask is advised as it keeps your airways open as you sleep.
10. Watching TV in my bedroom and working on my laptop in bed helps me wind down and fall asleep. Any type of activity which requires you to concentrate, is counter-productive when trying to

sleep. It doesn't allow you to unwind and can keep your body alert. It is also recommended that you keep your bedroom mainly for sleeping.

Improving your sleep pattern will have a positive impact on your body, mind and general health. If your sleep deprivation gets worse, don't panic and visit your GP for more advice.

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a [CPAP Mask](#) - Maintaining an organised workplace is my key responsibility - I've designed a diverse mix of ways to store documents to make sure that items can be accessed with ease. I maintain strong links with clients, deal with paperwork queries and make sure the business runs as efficiently as possible. I think it's vital to create a solid foundation before any enterprise can begin new tasks.

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