

Debunking Sleep Myths Tips for Better Rest

Sleep is vital for our health! It affects mood, energy, mental clarity and more. Many of us overlook its importance or fall for common misconceptions about how to achieve quality rest.

Do you know the difference between these sleep myths and the real science behind a good night's rest? Test your knowledge!

MYTH *or* FACT

"YOU CAN 'CATCH UP' ON SLEEP OVER THE WEEKEND"

- **Claim:** If you are sleep-deprived during the week, you can make up for it by sleeping longer on the weekends.
- **Answer: Myth!** While sleeping in on the weekend can help alleviate some sleep debt, it doesn't fully compensate for the negative effects of chronic sleep deprivation. Maintaining a consistent, quality sleep schedule throughout the week is key for overall health.

"SCROLLING ON YOUR PHONE IS A GOOD WAY TO WIND DOWN BEFORE BED"

- **Claim:** Using screens (like your phone or computer) before bed is a good way to relax that doesn't affect your ability to fall asleep.
- **Answer: Myth!** The blue light emitted by screens can interfere with your body's production of melatonin, the hormone that helps you fall asleep. It's best to avoid screens at least 30-60 minutes before bedtime.

"EXERCISING DURING THE DAY CAN IMPROVE YOUR SLEEP QUALITY"

- **Claim:** Regular physical activity during the day can help you sleep more soundly at night.
- **Answer: Fact!** Exercise increases the amount of deep sleep you get and can help you fall asleep faster. Just be sure to avoid vigorous exercise too close to bedtime, as it can be too energizing.

"A DRINK BEFORE BED HELPS YOU SLEEP BETTER"

- **Claim:** Drinking alcohol before bed helps you sleep more soundly and fall asleep faster.
- **Answer: Myth!** While alcohol may help you fall asleep quickly, it disrupts your sleep cycle, particularly the deeper stages of sleep. This can lead to more frequent wake-ups and poorer overall sleep quality.

"CREATING A RELAXING BEDTIME ROUTINE IMPROVES SLEEP"

- **Claim:** Establishing a calming pre-bedtime routine helps improve sleep quality.
- **Answer: Fact!** Engaging in relaxing activities before bed, like reading, listening to calming music, or practicing mindfulness, signals to your body that it's time to wind down and prepares you for a restful night's sleep.