

## 5 things you may not know about sleep

You often feel tired, just put your head down on your desk to sleep immediately. Here are 5 things you may not know about sleep.

You often feel tired, just put your head down on your desk to sleep immediately. The reason may be because you slept late the night before, had trouble sleeping or woke up too early. This is no longer a joke because tonight you'll most likely experience these situations again, read the information below that may be helpful to you.



Photo source: Dreamstime

This is a common **sleep deprivation** of many Americans. They often find it difficult to sleep and need to use sleeping pills or other measures to treat sleeplessness, teeth grinding, impact of time difference, continuous movement of arms, snoring, sleepwalking and other another phenomenon.

*" For example, insomnia is believed to be the most common sleep disorder and sleep disorders interfere with our 10% of our daily activities. And 50% of those suffer from problems. The underlying issue is due to illness (often due to mental illness) or effects from certain substances such as coffee or medicine for treatment , ' said the National Institutes of Health.*

Here are five discoveries that can help you sleep better:

## 1. We sleep better than we think



Most people think that lack of sleep sounds like a myth. We are not **zombies** (zombies). The non-profit National Sleep Foundation, which receives financial resources from the sleep-aid industry, includes pharmaceutical companies producing sleeping pills, giving The average American usually sleeps 7 hours a day, but that's still not enough. In addition, a study from the University of Maryland conducted in early 2008 showed us that every day one sleeps 8 hours - that's enough. " *In fact, Americans sleep more today than they did 40 years ago* , " a study found.

## 2. Older people often sleep less

We will die without sleep. The collected data is still sketchy but research shows that it is the time when we restore biological processes, which are vital as well as classifying and aligning memory. Last year, the World Health Organization (WHO) confirmed that night shifts can lead to sleep disorders, and potentially a **carcinogen** for humans. Recent research suggests that we need this factor less when we get older.

## 3. You can sleep like a baby (or Thomas Edison)

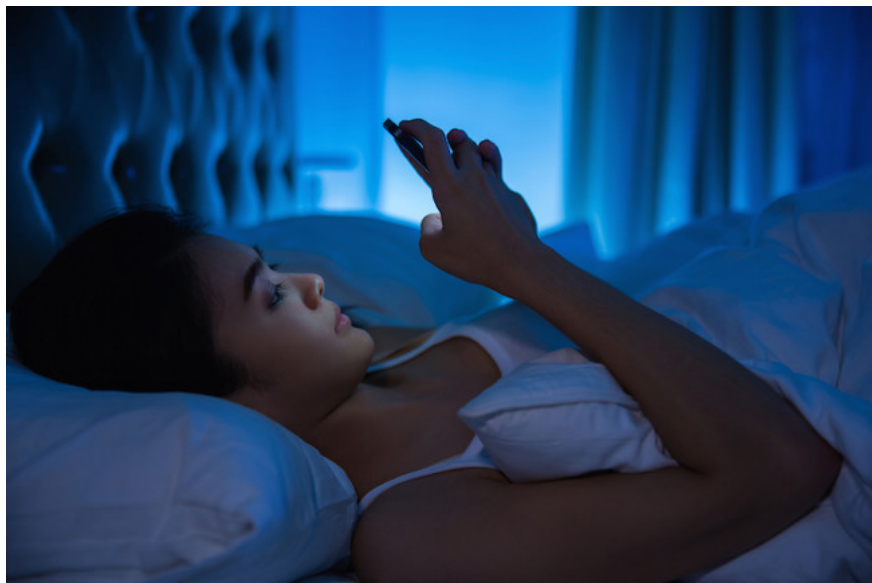


You can sleep more nights at night than sleep for a long time, which is called a **neoplasm of many times** in children, the elderly and other animals (and Thomas Edison also sleeps in this way). . The rest, we often sleep well at night to keep the body healthy all day long. In fact, we can take a nap during the day if necessary. EEG demonstrates that we sleep in two phases with two periods of reduced alertness - one at night and one at noon (midday). Therefore, it may be necessary to have a room for a mid-day nap like the room for NASA's Phoenix members.

#### **4. Animals have many sleeping habits**

Three-toed sloth usually sleeps 9.6 hours at night. But baby whales and killer whales at birth can stay awake for the first month of their lives. However, this cannot be used to apply to humans. Even, we will feel uncomfortable, not focused as well as the ability to make decisions after only one night of sleeplessness. This situation can lead to serious accidents in the use of vehicles and production machinery.

#### **5. Familiar with tiredness and fall asleep on the table**



The most important thing to get a good night's sleep is within our reach, if we follow the common guidelines below:

1. Create a habit of sleeping at a fixed night time.
2. Sleep 7 hours a day.
3. Avoid coffee, spicy food, indigestion, alcohol and other drugs within 4 - 6 hours before bedtime.
4. Create a relaxing routine before going to bed.
5. Turn off lights and noise distractions.
6. Do not watch TV, read books or eat at bedtime.
7. Exercise regularly but not before bedtime.

If you know all this but can't do it, chances are you'll have to fall on your desk and sleep for a while at noon.

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