

## 7 problems can be encountered if you have wet hair when you go to sleep

Some people often have a bad habit of leaving their hair wet when going to bed without knowing that doing so is very harmful to health. Here are 7 health problems that can be acquired if you go to bed with wet hair.

1. 9 good tips to help you get rid of oily hair
2. Simple tip to clean up the ultra-fast "hair brush"
3. 9 ways to remove wrinkles on clothes without using irons

Some people often have a bad habit of **leaving their hair wet when going to bed** without knowing that doing so is very harmful to health. This seemingly harmless habit can cause a number of health problems, more serious cause colds and pneumonia as well.



Even when bathing is complete, the hair that has not yet dried should go to bed, it is not a wise decision, because the moisture stored too long on the hair can damage the scalp, causing an unpleasant sensation. Or keeping a towel on your head for too long also has the same symptoms as when you sleep with wet hair. Here are **7 health problems that can be acquired if you go to bed with wet hair** . Invite you to consult!

### Hair breaks



Hair that is not dry will easily break. If you go to bed with wet hair, it is not uncommon for your hair to get thinner and thinner. Therefore, it is very important to avoid going to bed when the hair is still damp or watery.

### **Make hair messy**



Hair can be easily tangled at bedtime when it is wet, especially for people with long hair.

### **Headache**



As mentioned above, moisture from the hair will retain overnight causing severe headaches. Because when going to bed, the temperature of the body increases, wet hair makes you feel cold, causing temperature difference, so you have a headache.

### **Itchy scalp snoring**



Going to bed when the hair is still wet can cause many signs of itching as the moisture remains in the scalp. At the same time, it is also susceptible to fungal or other head itching.

### **Scalp infections**

Sleeping with wet hair will make your pillow wet, making it ideal for bacterial growth and can cause infection.

### **Muscular aches and pains**



The sudden change in temperature not only causes muscle aches, but also leads to dangerous cramps, even facial paralysis. There are even cases that can cause paralysis and lead to death.

### **Dandruff**



A moist scalp will interfere with the function of sebaceous glands. They can produce more or less oil than usual. Therefore, the pH imbalance in the scalp is lost. As a result, the scalp becomes too oily or too dry to cause dandruff.

So, to protect your health , **never go to bed with wet hair and always wash your hair during the daytime .**

Having fun!

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