

# Do you know the full moon may be the reason why you don't sleep well?

Have you ever heard about the full moon being the reason why you don't sleep well?

According to the annual study of **the National Sleep Foundation (NSF)**, both children and adults can experience " *interrupted* " and " *poor* " sleep. The cause of this is related to a number of problems such as room temperature, light, noise, pet demand or activities at night before bedtime.

But you've never heard of the cause: *Full Moon ( Full Moon )*. And this has nothing to do with the " *werewolf legend* ".



## Experiment

Research in **Current Biology** since 2000 has shown that a full moon has a negative impact on your sleep, like the werewolf myth. Of course, it has no fur and fangs. In this study, 33 participants slept overnight in the laboratory for 3 and a half days.

Interestingly, all the participants in the experiment and the researchers did not know that one of the factors affecting the experiment was the **full moon** .

Experimental participants slept in a very dark room to ensure that no light from the full moon could be intercepted, because the researchers confirmed that light affected **their sleep** . They are connected to the control screen to record how fast they fall asleep, the time they sleep and their brain wave pattern while sleeping. The data collected showed: " *Experimental participants slept less than 20 minutes on the full moon day and it took them more than 5 minutes to sink deep into sleep* ".

## **Experimental results**

The biggest finding is that participants in the experiment only **slept** about 30% more than usual on the full moon night. Initially, this study was set up to assess **melatonin** levels and how they linked sleep. Until 2010, researchers realized that this data could be used to assess the effect of a full moon on sleep.

So this study shows that the full moon is just a lucky coincidence. But why does the full moon affect our sleep? Is it a shiny disco ball with a sky effect that leads us? Even if we don't see it? This seems skeptical. In fact, if the moon influences our sleep, the reason behind them is still unclear and more research is needed.



**There has been a lot of research on the effect of the moon on seizure epilepsy, as well as the number of people who come to see a psychiatrist and emergency room.**

Results are very diverse. Many health workers in the emergency room and mental hospital believe that the full moon increases activities and will lead to other difficulties. It absolutely can happen. But this study does not support to explain this strange phenomenon.

There has been no research showing that women are in sync with the moon cycle. However, as the health workers mentioned above, a group of women debated this issue, asking the question of how much research will be done in this area.

What concerns the lunar cycle is the large number of injuries in dogs and cats during the 3 full moon days. In addition, there is an increase in wildlife hunting activities. But once again, no one is sure why.

**The results showed that research assessing sleep disorders during the full moon night was a decrease in melatonin levels.**

It seems that without debate, melatonin is the main factor determining your good night's sleep and it is naturally regulated by your body when you are exposed to light and darkness. Again, the study participants were in a completely dark room, but that still did not explain why there was a decrease in melatonin.

Until now, it is still a great mystery of life.

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