

# Getting naked when you sleep is comfortable but you are 'killing' yourself

You think that being naked when you sleep is comfortable but no, you're killing yourself.

Many of us, in the hot summer, often have a habit of taking off our clothes when we go to sleep, especially men, who think that when there is nothing on the body, the body will feel cooler and more comfortable and have deeper sleep. But in fact, this habit is extremely harmful to our body's health. According to the research of experts that "Sleeplessness when sleeping? You have picked up the disease in people". Therefore, when sleeping, we should not be naked, even when the weather is hot to 40 degrees, so keep warm hands and feet when sleeping should practice the habit of putting a thin blanket to keep the body warm.

1. Get rid of these 5 foods right away if you want a healthy diet
2. 5 fruits are recommended to eat daily
3. 5 bone-destroying foods you should know to limit



We should practice the habits of spiritual practitioners, all of whom wear long clothes all day and night. Why? To protect the body. Open-minded dressings are not only aesthetically lacking and are also destructive to health.

## Why not wear clothes when sleeping and destroy our health?

According to experts, our hands and feet are two parts of the body's periphery, so the temperature in these parts is often lower than other parts.

It can be seen that our hands and feet are most susceptible to colds. This can be easily felt in the winter, when we lie in the blanket for a while, our bodies have warmed up, and the hands and especially the legs for a while can be warm.

According to Oriental medicine, the meridians of the kidneys, stomach and stomach are derived from the legs, but due to the distance from the legs to the distant heart, the blood circulation is not enough to nourish the cells, very susceptible to cold.



But "if you leave your hands and feet cold as an indifferent kidney. The kidneys are inadequate, the gasification function no longer has the effect of heating. Thus, the result is to make the water prosperous and weak. there".

From the perspective of Western medicine, scientists believe that, when we fall asleep, our body temperature will begin to subside. It means that our brain is releasing melatonin, which will affect the circadian rhythm and alert the body to sleep.

At this time, our body temperature will gradually decrease, and the lowest drop will be around 2:30 am, we often feel much colder and look to the blanket to cover. If we do not wear clothes and do not cover our body temperature, it is hard to tolerate, now of course the body will be susceptible to colds.



So remember that " *when you go to bed if you wear long clothes or a thin blanket, both your stomach and back are kept warm. This is very beneficial for the five organs.*

*And remember to soak your feet with hot water, ginger and sea salt (absolutely do not use iodized salt, pure salt because it has been filtered out all precious substances. Only use sea salt granules) before bedtime. Will help our sleep fast and deep . "*

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