

Go all the time when winter sleep: Good, how bad?

In winter, many people suffer from cold feet, so they often have a habit of wearing socks regardless of day or night. Although it is possible to keep warm, every day brings it all, is it good for our health?

In winter, many people suffer from cold feet, so they often have a habit of wearing socks regardless of day or night, although they can keep warm but wear them all day, is it good for our health? Find out the benefits and harms with TipsMake.com when you bring all your winter socks to the article below.

1. Wearing shoes without wearing socks contains more dangerous consequences than you think
2. Winter hot showers are great, but don't abuse them
3. How to prevent and treat limbs in the winter

3 benefits when wearing winter socks

- Keep your feet warm:

Cold limbs in cold days are quite common, common in people with heart disease or anemia . In addition, women on menstruation, children, stressful people are also prone to this symptom. In winter, keeping your feet cold will make it harder for you to exercise every morning, susceptible to the flu and potentially risking joint diseases.

Wearing socks is the simplest way to make your feet warmer during cold weather days, a pair of socks to help ensure blood circulation in your body when you sleep. Therefore, if you are a person with cold feet, you should wear socks to sleep to avoid cold feet at night.



If you have cold feet, you should wear socks to sleep.

- Preventing foot cracking:

Cracking phenomenon of many people not only happens in the cold season but even hot days are available, however due to winter dry skin, lack of water is often exposed to cold wind, so it is easier to crack the legs. It seems simple, but if you don't pay attention to the proper treatment and care, the symptoms can become serious.

One of the most effective ways to prevent leg cracking is that many people wear socks to sleep, a pair of good quality socks will help improve blood circulation to the feet, thereby helping your legs to soften. reduce chapping. In addition, to keep your feet healthy in the winter you should use moisturizing creams before wearing socks to ensure moisture.



Wearing everything is also a trick to prevent cracking.

- Eliminate foot sweat:

A "stinking" leg is always an obsession and an archenemy for many people, regardless of whether you are male or female, you will feel unconfident when communicating and uncomfortable at bedtime. If you are in excessive sweating you can use deodorant socks to minimize this strong odor. In addition, wearing socks during sleep also helps absorb sweat feet significantly.

3 harm when wearing all winter socks

- Legs are mysterious, poorly ventilated:

For those who do not suffer from foot problems, if they wear socks regularly, they will make them pore, making them sweat out. In particular, owning a pair of tight and thick socks, the ability to evaporate the pores is stronger, from which the legs are more susceptible to foulness.

- May cause rheumatism:

The "culprit" of rheumatism is most likely to come from the pretty little socks that you wear every day, going all the way around 24/24, causing the joints to become stiff and cramped in tight spaces, so it is easy to give birth to a base. Rheumatism. If you are a crazy fan of going to bed, you should think again, because it seriously affects your mobility.



If the foot is not a problem, it is best to sleep with bare feet.

- Easy to clot:

Many people still believe that gloves and socks are the best "cold" weapons, but this is not an effective way to "defeat" the cold. According to scientists, hands and feet are the only two parts on the body that help people adapt to seasonal temperature changes. Therefore, wearing socks, even gloves while sleeping will interfere with blood circulation, especially blood from the limbs returning to the heart that puts you at risk of clotting in the limbs.

How to warm the body during bedtime in the winter

In order to best protect the health of the winter, we need to understand the following ways to keep the body warm:

- Soak feet in warm water:

Soak, wash your feet with warm water before going to bed not only helps promote blood circulation, reduce stress, fatigue but also warms your feet in cold weather, making it easier to sleep.



In winter, soaking your feet with hot water will warm immediately.

- Notice the room temperature:

During the monsoon days you need to ensure that the temperature in the room is always warm, avoiding drafts. However, too much secret atmosphere will also affect your sleep so try to keep the room clear.

- Thanks to the support of heating bags:

A heating bag for a winter day is a smart choice, it will dispel the cold of days when temperatures drop sharply, protecting your hands and feet from heating. However, it should not be overused but only used when necessary if the weather is too cold. You can learn how to tailor your heart-shaped heating bag yourself this winter, while saving and safe.



Self sewing heating bags will be more secure.

- Replace blankets and mattresses when necessary:

The lazy to change blankets and mattresses is no different from what you wear a shirt without washing. Blankets that are too thin or too old, dirty will not be able to keep warm during cold days, but it is also a haven for bacteria. Therefore, we need to pay attention in the selection of mattresses, pillows, blankets, . In the days of

welding, we can use extra blankets to keep warm if necessary, and remember to clean them regularly.

In short, people with leg problems should wear thin, wide socks to help their legs feel warmer and more comfortable, avoiding choosing too thick or too tight socks that affect blood circulation. On days when the weather is not too cold, your feet should be limited to regular socks to keep your feet cool and ventilated.

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