

How to shorten sleep time but still ensure health?

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In modern life, each of us has a lot of things to complete but it seems that the time of day is not enough to complete all the assigned tasks. Therefore, sleep can be considered a waste of precious resources. However, we will not be able to complete the job well if we sleep less than usual, right? So how to shorten sleep time but still ensure health?

1. How to sleep in less than 1 minute?



Many studies show that a **sufficient** sleep is about 7 to 9 hours of sleep. However, there will be work days that do not allow you to spend enough of that time to sleep. Even so, don't worry because we still have a way to sleep even less but still **ensure the health** continues to plow until everything is done.

Daniel Buysse, a professor of psychiatry at Pittsburgh University and director of the *American Academy of Sleep Medicine*, said: "The number of people who want to sleep less is much more than that. with people who really need less sleep ". The daily sleep time of each person depends on their age and condition. An adult's one-night sleep time is between 7 and 9 hours However, many people do not sleep enough time required: According to the US Centers for Disease Control and Prevention, one third of the US population sleeps less than 7 hours a day. This proves that it is not necessary to sleep between 7 and 9 hours to ensure sleep quality.

Sleep is very important for our body and brain. When we don't get enough sleep, the brain gets depressed, reducing **productivity** . That makes it difficult to acquire knowledge, can't concentrate and think about what to do. In addition, lack of sleep is also one of the causes of health problems such as cardiovascular, diabetes and obesity . In a well-known study of sleep, test participants will only sleep 6 hours per night. After a period of time, their ability to realize and work performance is also reduced to the same level as those who work continuously for 2 days 2 nights; Because their bodies have not adapted to this timetable. However, the participants did not realize their productivity **decline** .



" In some cases, sleep deprivation is like being drunk. People often misjudge their degree of decline and it also shows that the same thing happens when sleep is not enough ," Buysse said.

But that does not mean that people cannot practice to **shorten their sleep time** each day. According to Jim Horne, a sleep expert and former director of the Sleep Research Center at Loughborough University in the UK, the number of sleep hours varies from person to person and does not necessarily mean getting seven or eight hours of sleep. /day.

" I do not recommend that you sleep less. I just want to remind you that you should not worry too much about your sleeping time every day. The next day, when you wake up and do not feel sleepy, be fully alert, This means that you are getting enough sleep no matter what time you sleep," Jim Horne said.

Research by Horne experts also shows that people can shorten their sleep time to 6 hours a day, but the next morning they have to take a nap and have to do this on a regular basis. Horne conducted experiments with people who regularly slept between 7 and 8.5 hours a day, then asked them to shorten their sleep for a certain amount of time each night.



Volunteers start by shortening their sleep time by 1 hour in the first week and then 1.5 hours for the next three weeks. After doing this and waking up at the same time every morning, the volunteers were **refreshed** and did not feel tired even though they only slept 6.5 hours a day. Gradually, this can help some people reduce their sleep time but still ensure good morale and fitness to be more productive. However, Horne said, he did not want to recommend this way to those who had less sleep time than that. Horne also added that if you feel sleepy during the day, 6 hours may not be enough for your body. Instead, you should focus on **improving sleep quality** rather than improving sleep hours.

Sigrid Veasey, a professor at the Center for Sleep and Neurobiology at the University of Pennsylvania, takes advantage of better wake times to improve sleep deprivation, advising people to try exercise. afternoon for example. This will increase the body temperature and then cool that temperature down by sleeping time; make you sleep faster and sleep deeper every night. Other tips to optimize sleep include: avoid eating much at the end of the evening, not thinking about negative things and not using electronics before bed. The most important is ensuring a dark and quiet bedroom. Once you've done these things, you will have a good night's sleep and will be excited the next day.

This can also be a way to help people shorten their sleep time, spend more time on work but still ensure health. However, you should have a timetable to distribute your work in a scientific way so that you can both work well and stay healthy.

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