

It is cold but why do many people still stick their feet out when they sleep?

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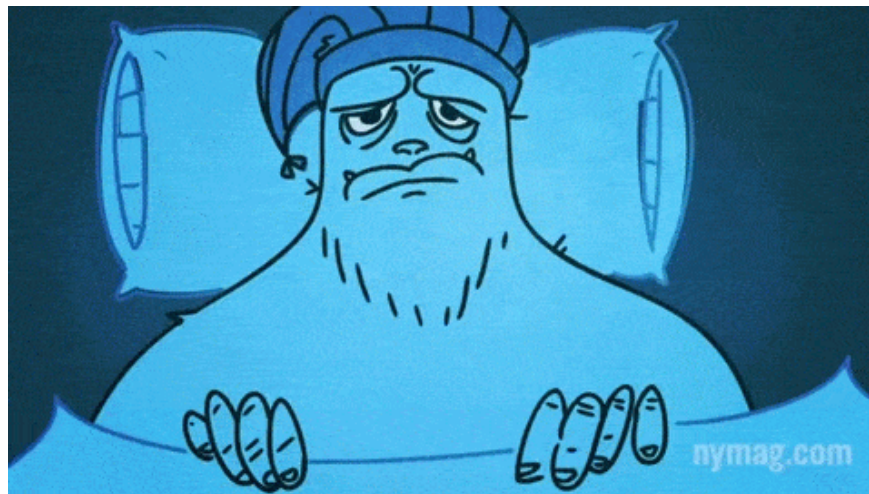
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Sometimes you lie down on the bed, close your eyes but can't sleep. You have counted sheep to get bored or drink something warm and still have no results. So try sticking one or two feet out of the blanket when you try to sleep.

It may sound unbelievable, but throwing a blanket out of a blanket can help you fall asleep, which has been proven by scientists.



The reason is that the body's temperature is basically more alert when it is hot, easier to sleep when it's cold, and the ideal temperature for a good sleep is between 18 and 22 degrees Celsius. When sleeping, if the body temperature is slightly elevated, the body's cooling mechanism will find ways to cool down and the simplest way when we are sleeping is to kick off the blanket to expose part of the body or stick our feet out. .



According to expert Dautovitch, the skin surface of the feet and hands of humans is quite special because they do not have hair and contain special circuit structures to help heat better and sleep better.

So when it is difficult to sleep, try this way to see if it works. However, you should avoid letting your feet get too cold in the winter as this will make your body more susceptible to cold and illness.

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