

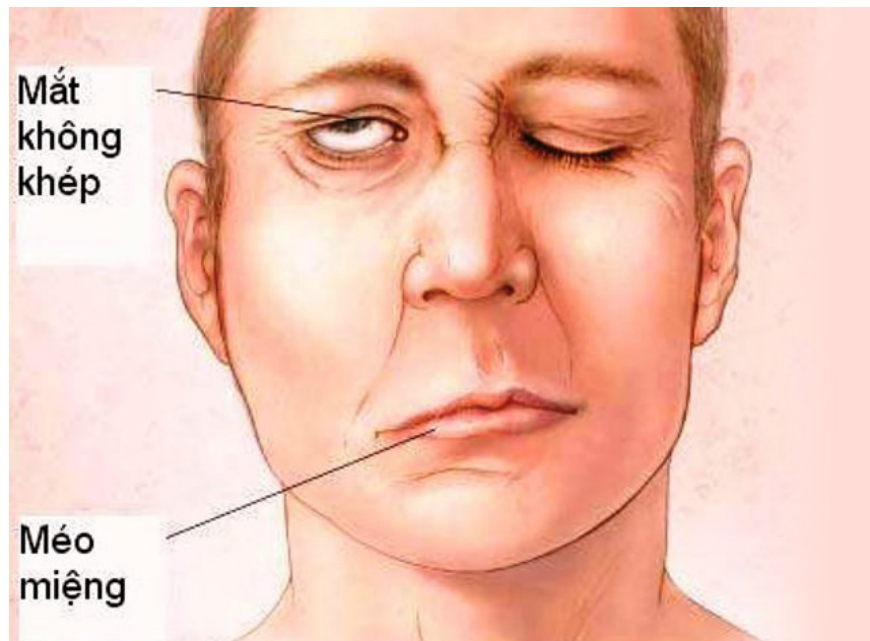
Serious harms of washing your hair too late

Bathing and shampooing are an essential need for anyone. However, many people are too clean to bathe and wash their hair during the late night. This seriously affects health, it can lead to facial paralysis, mouth distortion and even fatal strokes.

1. Scientifically proven: Bathe for as long and as much as you are feeling lonely
2. Bathe at the best time: Early morning or evening

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1. Face and face distortion



The head and face areas are the two most acupoints on our bodies, so when you bathe regularly at night or let your hair go to sleep, it will have a significant impact on the nerves that make the string. The posterior nerve of the ear may shrink. Since then, leading to congested blood vessels inadequate blood supply to the facial nerves can lead to facial paralysis, mouth distortion.

When the face is paralyzed, the parts such as the tongue will be numb, difficult to operate the mouth area, the eye area is difficult, one side is numb, the face is distorted. In some cases, the patient cannot close his eyes

immediately after washing his hair.

2. The phenomenon of chronic headache



Usually when you wash your hair late at night, most people feel tired now, so no one is patient enough to wait for their hair to dry before going to sleep. This is the main cause of blood vessels shrinking, making the blood flow to the brain slow, which can lead to chronic headaches. Even after some people wash their hair at night, they get sick immediately.

3. Colds, flu

Late-night bathing increases the body's risk of catching colds and flu. In fact, a lot of people who have just finished bathing are caught immediately, which is because when the hair is wet, the rapid evaporation of water carrying a large amount of body heat causes the head to become cold so it is very susceptible to cold . In addition, those who bathe late at night also cause the body's resistance to decrease significantly, which is a favorable condition for bacteria, viruses to develop and attack the body.

4. Scalp mushroom



Wet scalp is the main cause of scalp fungal infections caused by harmful bacteria. When the scalp gets fungal, it makes you feel itchy, dandruff, hair loss, severe condition also causes baldness.

5. Stroke



Bathe at night even though hot water baths cause veins to relax and lead to lowering blood pressure. At the same time, the cold scalp will cause the brain vessels to suddenly shrink, blood circulation decreases from there to appear cerebral anemia. More serious is that can lead to unconsciousness, coma, if not detected in time can lead to death.

Advice:

To avoid these risks, it is best not to bathe in the evening (after 20:00). If you need to wash your hair in the evening, you must dry or dry your hair before going to bed. In particular, absolutely do not wash your hair after 23pm, even if you wash your hair with hot water, the risk of danger is still very high.

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