The myth of sleeping

Q1
If it's not enough sleep on weekdays, we can get more sleep on holidays to compensate for the loss!

sleep debt

A1
Chronic failures to get the needed amount of sleep can accumulate a "sleep debt." Experimental studies were conducted for healthy people, who first reduced sleep for one to two weeks and then resumed two to three nights of adequate sleep. It was found that their sustained attention, working memory, and reading comprehension abilities still failed to return to their baseline levels. Therefore, "sleep compensation" during holidays may alleviate the problems of insufficient sleep, but it cannot fully compensate for the negative consequences of "sleep debt".

Q2
Sleeping less is not a problem!

A2

Sleep deprivation will increase many risks against our health, such as:

⚡ Children **sleeping less than 10 hours** per day may be subject to increased risk of obesity. **89%** ↑

⚡ Adolescents **sleeping less than 7 hours** per day may increase:

43% ↑ risk-taking behaviours (e.g. drug and alcohol use, unsafe sex, and delinquency, etc.)

55% ↑ mood problems, like anxiety, and depression.

⚡ Adults **sleeping less than 7 hours** per day (comparing to those sleeping 7 - 8 hours) may increase:

45% ↑ risk of metabolic syndrome (e.g. obesity, diabetes, hypertension, and dyslipidemia)

48% ↑ risk of coronary heart disease.

15% ↑ risk of stroke.

Besides, sleep is crucial to keep our body and brain function well in the daytime. Quality sleep is necessary for maintaining physical and mental health, like promoting metabolism, repairing wear and tear, consolidating memory and regulating emotions. It is recommended for adults, teenagers and children, respectively, to have "7 to 9", "8 to 10" and "9 to 11" hours of sleep per day. Chronically sleeping lesser than the above recommendations can disturb people's health state, failing to function at the optimal levels.

Q3 8 hours of sleep is healthy enough!

A3 Quality and quantity of sleep are both significant to our health! Some people wake up the next day feeling tired after 8 hours of sleeping. This is probably due to poor sleep quality. If you encounter such a situation, please consult your family doctor as soon as possible!

Q4 Watching TV or using cell phones in bed is good for relaxing and helping falling asleep!

A4 Continuously receiving sound and light stimulations makes it harder to relax. Additionally, blue light from electronic devices screen disturbs the brain, restraining the production of melatonin and delaying sleep onset. Stopping using electronic devices one hour before bedtime is advisable.

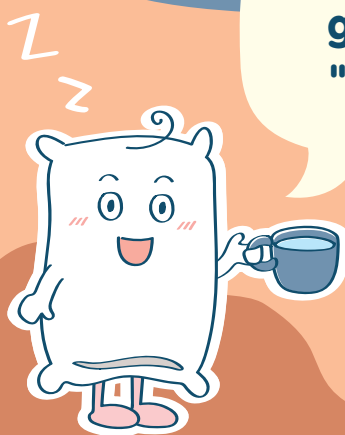**Q5** More exercises can help you sleep better at night!

A5 Doing moderate-intensity exercise, (e.g., yoga, stretching, walking, etc.) before bedtime may help us fall asleep faster and get better quality sleep. However, vigorous-intensity exercise can stimulate our nervous system, making it difficult to fall asleep. Generally, we should avoid strenuous physical activities 90 minutes before bedtime.

If you want better sleep, get some tips from here! "Sleep well, live well"

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