

7 COMMON SLEEP MISTAKES PEOPLE MAKE



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7 Common Sleep Mistakes People Make

by

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Introduction:

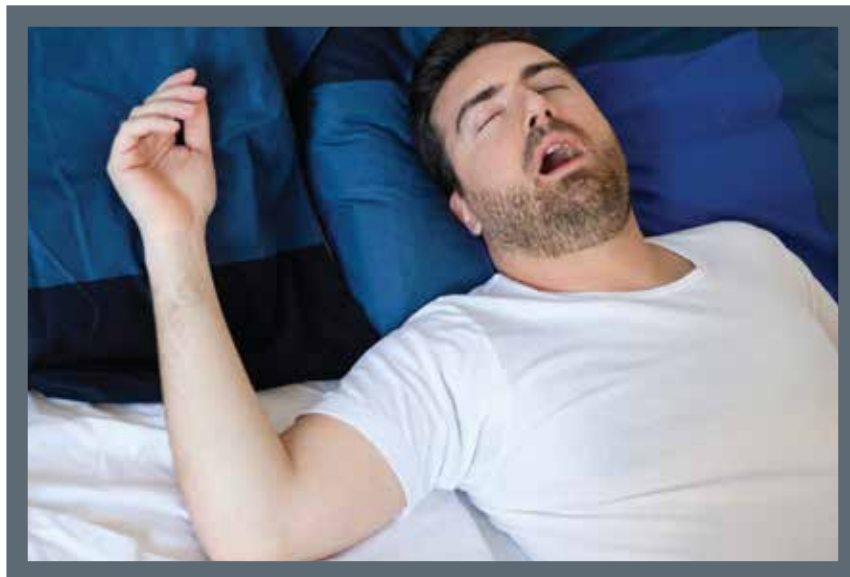
Do you dread trying to go to sleep at night because you know that sleep just won't come until the wee hours of the morning?

Countless millions of people around the world have this same problem. Restlessness and insomnia could be the result of many different factors. It could be stress, eating too much before bedtime, or a host of other factors that cause sleep issues.

Regardless of the cause, you need to know how to surmount your sleep problem so you can get the quality rest you need and deserve. Not getting enough sleep can cause many health issues. It could increase your risk of developing diabetes, obesity, heart disease, and more according to the Centers for Disease Control and Prevention¹.

In this report, we'll be examining seven common sleep mistakes that people make and that could be causing them to lose out on their shuteye. By understanding these mistakes, it should be easier for you to root them out of your own life so you can sleep better.

The Importance of Sleep



When you don't get enough sleep during the night, it can cause a host of problems. Naturally, you'll be tired the following day, which means you won't be as productive, and it could even increase the risk of accidents and mistakes. Not getting enough sleep can bring on a host of other health problems including the risk of obesity, heart disease, inflammation, depression, and a compromised immune system².

“You might be one of those people who is on a bad caffeine cycle.”

Mistake #1: Drinking Caffeine

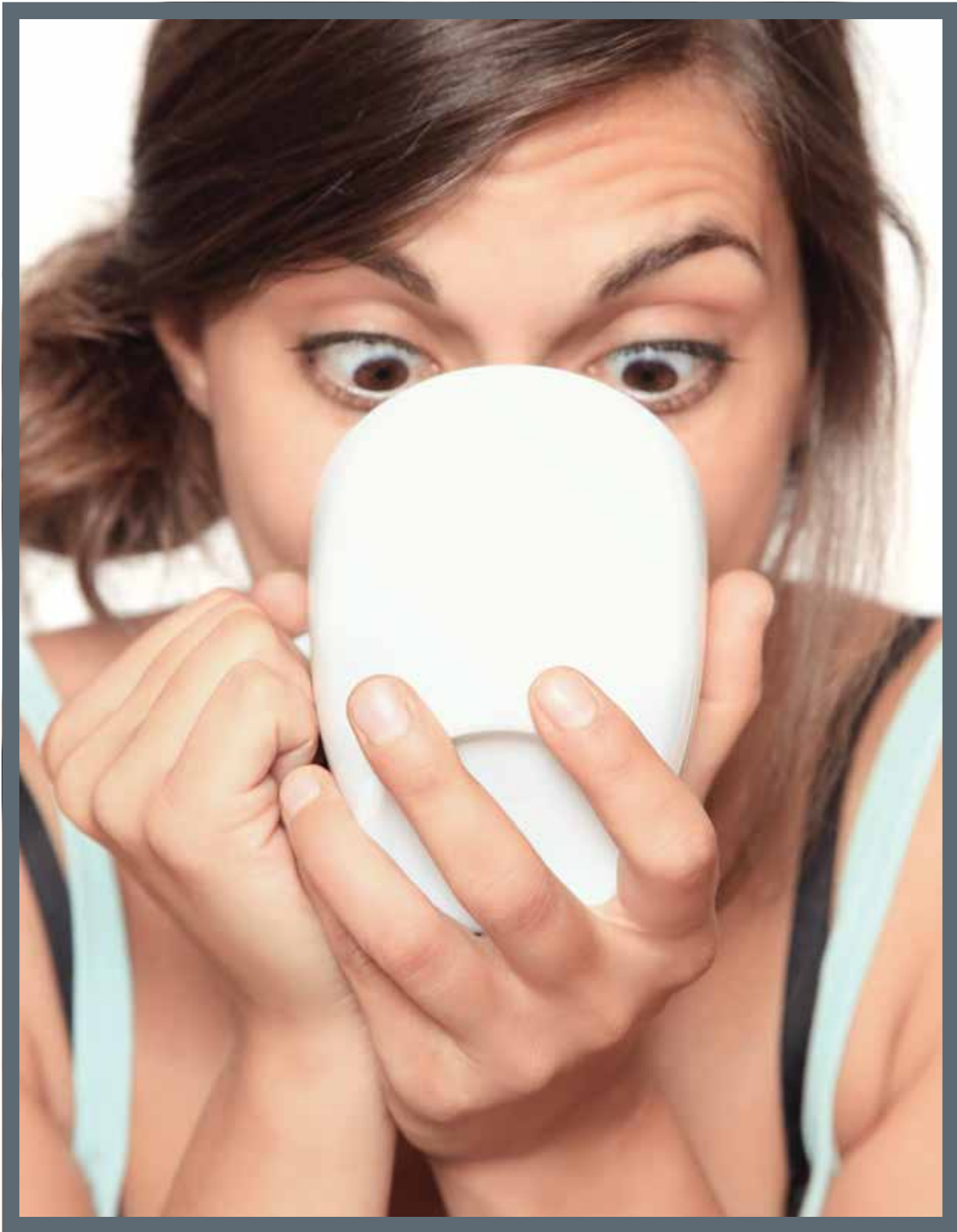
One of the biggest and most common mistakes is with caffeine consumption during the day. You’ve probably heard from multiple people in your life that having too much caffeine, especially later in the day, can affect your sleep. Studies have shown that even though caffeine can help with some tasks, it can cause issues with how well you’re sleeping³.

You might be one of those people who is on a bad caffeine cycle. This means that you have trouble getting up and feeling awake in the morning, so you drink some coffee. This fuels you for part of the day, but then you become sleepy.

This means having more coffee, soda, or an energy drink to keep your energy levels up.

Then, you have that caffeine in your system well into the evening, making it hard to get to sleep. You stay up later than you would like because you feel like your mind and body won’t shut down. The next morning, you start doing the same thing.

It can take some time to break free from this cycle, but it’s essential if you want to have a healthy sleep schedule. Try to avoid any caffeine after 3 PM. Stay away from sugar, too, as this can cause you to crash. After several days, it will become easier to limit your caffeine.



Mistake #2: Eating Spicy Foods

If you love spicy food, you won't want to give it up. Fortunately, you don't have to stop eating all spicy food. However, you will want to regulate when you are eating spicy meals. Studies have been conducted that show how spicy food can cause problems with sleep⁴.

What is it about spices that cause sleep problems? When you eat a spicy meal before you head to bed, several things could happen. In some cases, you might end up with indigestion, which makes it next to impossible to get to sleep. The same is true if you overeat any type of food before you go to bed.

Additionally, spicy foods can raise body temperatures during your early sleep cycles. The increased temperature could make it harder to get to sleep, like how it's hard to sleep in a hot room. Some spices, for example chile peppers contain capsaicin, which boosts your metabolism and energy. Some energy-boosting spices are curry, cloves, cinnamon, cumin, cayenne, and coriander.

If you love spicy food, just make sure that you don't eat it for several hours before you head to bed and you shouldn't have a problem. If you have some spicy food around 6 PM, and you don't go to sleep until 11 PM, you won't have to worry about these issues.



Mistake #3: Electronics

If you're like most people, you are never far from some type of electronic gadget. Whether it's your television, your Kindle, your tablet, or your smartphone, the Internet, and all the distractions it offers are always close. Although these devices are essential in the modern world for most people, they can cause a host of problems for children and adults alike⁵.

Are you using these types of devices before bed? They are stimulating, which can make it hard for your mind to shut down. The blue light they emit can make it more difficult to get to sleep and cause sleep dysfunctions⁶.

Additionally, many people are using the devices for work or to check their email. This means that their mind is on work and stress before they are trying to settle down for sleep. This makes it difficult to settle the mind and get to sleep.

High-energy blue light inhibits the sleep hormone melatonin from releasing and starting the sleep cycle. This light's effects last for about 3 hours. So try to shutdown your devices at least a few hours before you want to sleep. Make sure that it's the last time you check your email and put it out of your mind. Relax with a cup of tea and a book before bed.





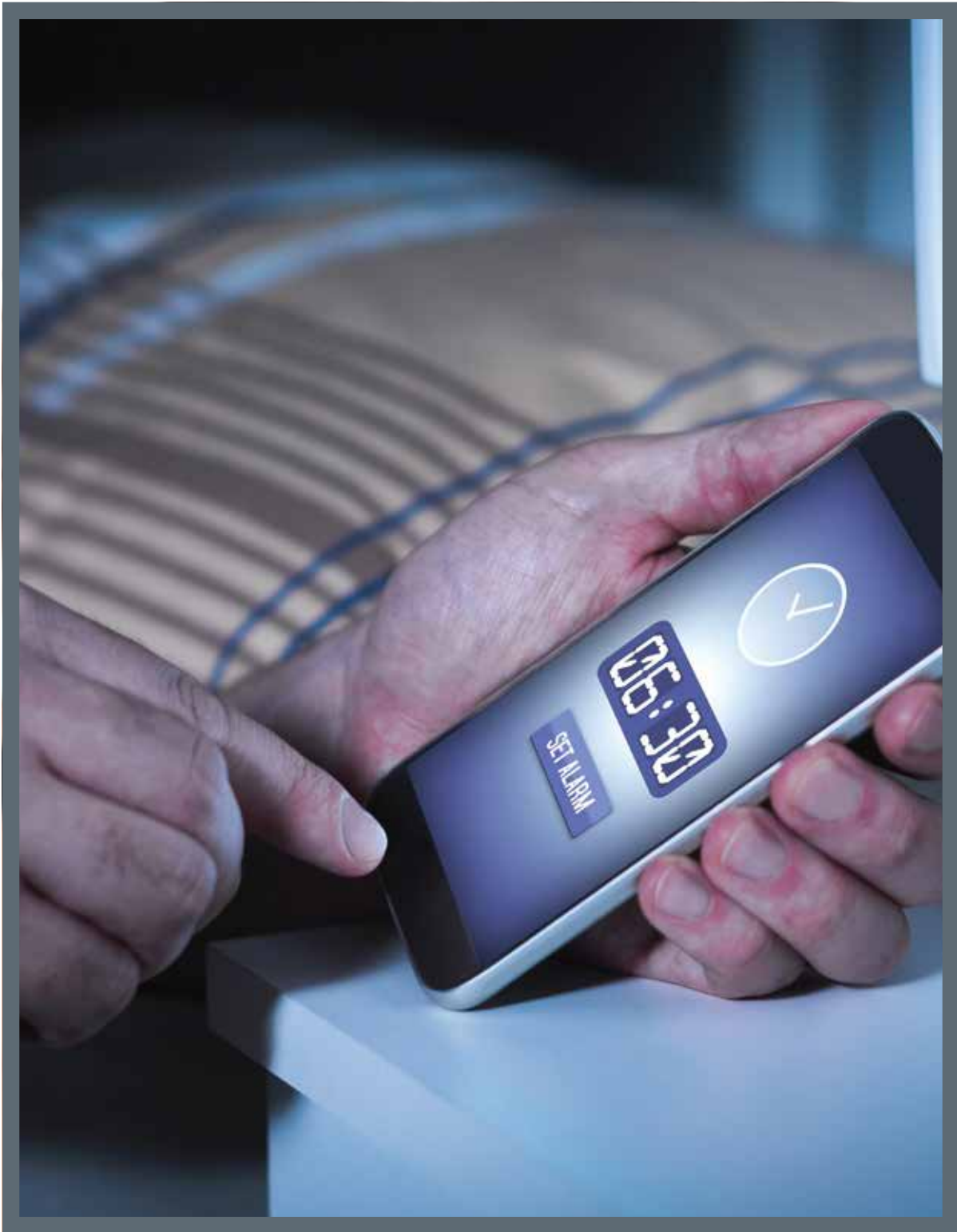
Mistake #4: Not Having a Schedule

Another mistake that's often made is not having a sleep schedule. You might fall into this category. If you go to sleep at different times of night, it can wreak havoc on the quality of your sleep. When you don't have a good schedule, it will be more difficult for your mind and body to get to sleep. You are disrupting your circadian rhythm.

Setting up a good routine and turning it into a habit can help. By keeping a regular schedule, even on weekends, you'll find that you can better regulate the body's internal clock⁷.

Get ready for bed at the same time each night and set your alarm clock to wake at the same time each morning. Develop a relaxing pre-sleep routine, as well. This might include taking a shower or bath, having some chamomile tea, and reading a couple of chapters from a book. Additionally, you'll want to avoid nicotine, alcohol, and caffeine (as mentioned) before you go to bed.

It might take some time to develop the ideal schedule for sleep that works well for you, but it's worth it to put in the time and effort. Be sure that you stick to it once you have it set up. Before long, it will become a habit.



“Napping can help to improve alertness and the ability to learn.”

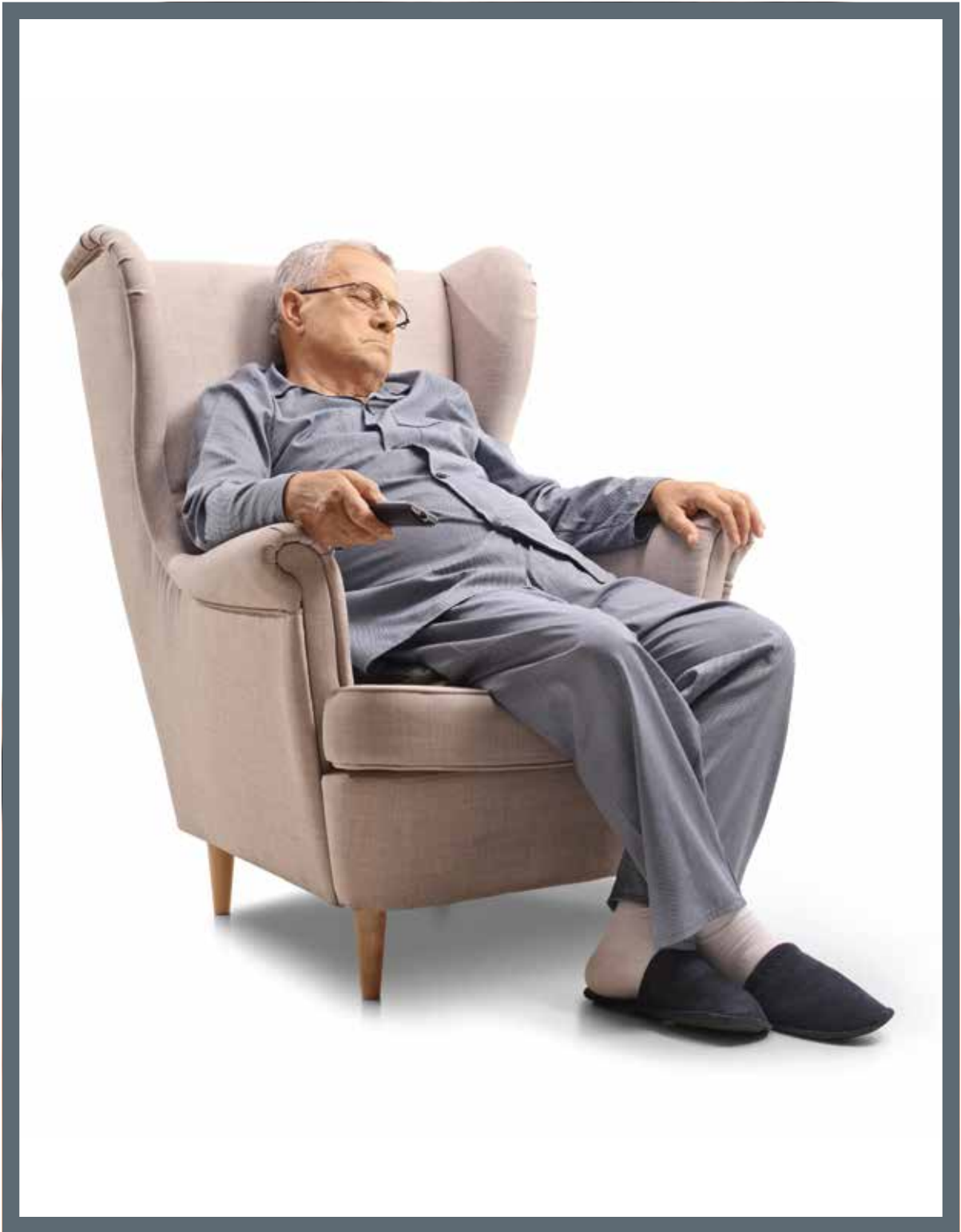
Mistake #5: Taking Long Naps During the Day

Do you like to take naps during the day? A nap might be just the thing you need to recharge and to face the rest of what the day has to offer. However, even though naps can be beneficial, they have the potential to become a problem⁸.

Napping can help to improve alertness and the ability to learn. However, you'll want to make sure you are keeping those naps to 30 minutes or less. When you nap for longer than this, you'll find that it could cause problems with your sleep schedule.

You may no longer be tired at the same time you usually go to bed, which could lead you to staying up later and being tired the next day. Naturally, this may mean that you take another nap, which makes it harder to get back on schedule.

If you feel that you need a nap, set an alarm, and be disciplined enough to get up after about 20 minutes or so.



Mistake #6: Not Setting Up a Proper Sleep Environment

If you don't have a good sleep environment, it will be next to impossible to get a good night's sleep. You might not even know if you are making mistakes with your sleep environment. After all, what does it take to create a great environment that is conducive to sleep?

For starters, you need to think about the temperature of the room where you're sleeping⁹. Rooms that are too hot or too cold can make it difficult to sleep. However, being too warm tends to be a much larger problem. Try to keep your room at a temperature that you find comfortable for sleeping.

In addition to the temperature, the amount of light coming into the room can affect your sleep.

Too much light and it will be difficult to fall asleep and stay asleep. Ideally, you will be in a perfectly dark room.

You'll also want a quiet space - or at least as quiet as possible in your household. Too much noise can make it hard to get to sleep and stay asleep. You can combat outside noise by listening to the sound of rainfall, thunderstorms, etc. to help ease you into sleep.

The bed and your pillows should be comfortable, too. If you have a lumpy mattress or flat pillows, it will be hard to get a good night's sleep. Replace them as soon as you can. You may also want to consider aromatherapy. There are devices available that can pump calming and relaxing scents into the air.





“Many people make this mistake, so if you’ve tried this, you aren’t alone.”

Mistake #7: Thinking It’s Possible to Make Up Sleep

Many people make this mistake, so if you’ve tried this, you aren’t alone. Believing that you can make up for lost sleep is a dangerous myth. If you’ve ever stayed up late for one, two, or more nights in a row and think that you’ll just make it up on the weekend, you are doing more damage than good. Not only are you getting off your sleep schedule, but you simply can’t make up for lost sleep. It’s not like shifting money around in a bank account.

A team of researchers led a study involving 36 people for two weeks¹⁰. The first group in the study slept up to nine hours each night. The second group was only allowed to

have five hours of sleep a night. The third group had five hours of sleep for five days and could sleep in for two days, followed by two more days of only five hours of sleep.

They found that those who were only sleeping for five hours gained about three pounds and suffered from insulin sensitivity. The group that had recovery sleep also gained the same amount of weight, and their insulin sensitivity was more severe than the other two groups. This proved to the researchers that trying to “catch up” on sleep was ineffective and potentially dangerous.



WHY CHOOSE PUREHEALTH RESEARCH?

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Resources

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- <https://www.alaskasleep.com/blog/tips-creating-ideal-sleep-environment>

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