



Myth - Exercising right before bed helps you sleep

Exercising right before bed may help you use up some excess energy but it may cause you trouble sleeping if it leaves you stimulated and unable to cool down your body to sleep.

Myth - You can condition yourself to require less sleep

You can't just get used to sleep deprivation. You need more than 4 or 5 consecutive hours to fully restore your brain and body. You can't cheat it!

Fact - Snoozing your alarm doesn't benefit you

Although it is true that snoozing lets you catch a few more ZZZs, the truth is that those 5 or 10 minutes don't have the restorative properties that normal sleep has. You are much better off setting one alarm for the time you have to get up.

Fact - Teens need more sleep than adults

The average adult needs 8 hours of sleep to function properly while teens need 9 hours!

Fact - Drowsy driving is just as dangerous as drunk driving

Driving drowsy will slow your reaction time and affect your decision making. These are the same effects as driving drunk. And all it takes is a few seconds of dozing off to get into an accident. If you're tired, your best bet is to take a nap before trying to drive.



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FACT OR FICTION

