

# Sleep Myths

1

**Pulling an all-nighter will allow you to be more productive by working longer hours.**

Several studies show that lack of sleep causes thinking processes to slow down. Lack of sleep also makes it harder to focus and pay attention.

It is much more important to get in the extra hours of sleep than the extra hours of working!

3

**Getting just 1 hour less sleep per night than needed will not have any effect on your daytime functioning.**

This lack of sleep may not make you noticeably sleepy during the day. But even slightly less sleep can affect your ability to think properly and respond quickly, and it can impair your cardiovascular health and energy balance as well as your body's ability to fight infections, particularly if lack of sleep continues.

5

**Naps are a waste of time.**

Naps can help you learn how to do certain tasks quicker. But avoid taking naps later than 3 p.m., particularly if you have trouble falling asleep at night, as late naps can make it harder for you to fall asleep. Also, limit your naps to no longer than 20 minutes. Longer naps make it harder to wake up and get back in the swing of things.

2

**You can make up for lost sleep during the week by sleeping more on the weekends.**

This sleeping pattern will not correct your sleep debt. This pattern also will not necessarily make up for impaired performance during the week or the physical problems that can result from not sleeping enough. Furthermore, sleeping later on the weekends can affect your biological clock, making it much harder to go to sleep at the right time on Sunday nights and get up early on Monday mornings.

4

**Your body adjusts quickly to different sleep schedules.**

Your biological clock makes you most alert during the daytime and least alert at night. Thus, even if you work the night shift, you will naturally feel sleepy when nighttime comes.