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disturbed, restless nights
and rely on a cocktail of
caffeine and sugar to drag
us through the day.

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A Feb. 12, 2012 article on the BBC Web site, “The Myth of the 8-Hour Sleep,” has permanently altered the way I think about sleep. It proclaimed something that the body had always

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health problems, ranging from weight gain to fatal accidents. Sleep times have allegedly decreased in recent years, leading to increases in obesity and diabetes and many other health problems.

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is the amount that many
people need, you need to be
in bed for 8.5 hours. The

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percent of poll respondents believe that alcohol before bed helps you sleep better.

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can increase the number of times you wake up during the night.

Your Body And Mind

10 Sleep Myths People Believe, According to a Study

Why the 8 hour sleep is a

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myth. More than one-third of American adults wake up in the middle of the night on a regular basis. Of those who experience “nocturnal awakenings,” nearly half are unable to fall back asleep right away. Doctors

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frequently diagnose this condition as a sleep disorder called “middle-of-the-night insomnia,” and prescribe medication to treat it.

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myth – Ray Williams And The

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However, because sleep has a
perpetual association with
the ethereal: dreams,

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the power of naps, and the

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3,000 hours a year-is spent
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get eight hours of sleep a
night may be the biggest
myth of all. In 2015, the
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