

# Sleep F.A.Q.

## **Does it matter if I go to bed the same time?**

A: Yes it does! Sleep regularity is one of the most important factors for a good quality night of sleep. Your body's internal clock follows this regularity. It is the reason we wake up without an alarm clock at certain times even if we go to sleep at a later time than normal.

## **Does the amount of time we sleep really matter that much as an adult?**

A: It most certainly does! The required amount for a healthy adult would be 7 to 9 hours of sleep per night! It only takes about three days of 6 or fewer hours to have some effects of sleep deprivation.

## **Why do I feel as if I didn't get a "full night" of sleep?**

A: There could be many different reasons for not feeling fully rested after a good night's sleep. If your general sleep hygiene is not great, you could be restless even after one good night of sleep. You should use the Sleep Diary on our website to track your sleep for a few weeks to understand your habits better.

## **Can I make up sleep on the weekends?**

A: No you can not! this is called a "sleep debt" in which you can not make up sleep. This is purely a myth. Sleep deprivation does not care if you make up sleep on the weekends.

## **I only get 5 hours of sleep a night and I'm fine!**

A: There is a rare genetic mutation that allows some people to get less than 6 hours of sleep and be fine. But this is about 5% of the global population. (That is about all the United States and Canada combined, as in the odds are not in your favor).

## **What can extended sleep deprivation do to you?**

A: Sleep deprivation affects every aspect of your body and mind. It lowers your immune system after one night of reduced sleep. Over the long term, it can affect the reproductive system, the brain's ability to stop beta-amyloid build-up (associated with Alzheimer's disease), and also increases the risk of cancer to the point that it could be called a carcinogen. If you're getting six hours of sleep or less you have a 200% increased risk of having a fatal heart attack or stroke in your lifetime. Most importantly, sleep is when our brain commits new memories. studies show that individuals who commit all-nighters study do proportionally worse on the exams they prepare for. These are just some of the effects.