





Common thoughts on sleep	Is this true or false?	Explanation
<i>People who lack sleep or have poor quality sleep can develop health problems.</i>	TRUE 	<ul style="list-style-type: none"> People who don't get enough sleep are more likely to develop the following health problems: obesity, diabetes, hypertension and depression.
<i>Drinking alcohol before bed helps you sleep.</i>	FALSE 	<ul style="list-style-type: none"> It may seem like it helps at first, but alcohol doesn't give you the same quality of sleep that you would get without it. Many people who rely on alcohol to fall asleep wake up at some point during the night and have a hard time falling asleep again. They often feel dehydrated and end up getting out of bed to get a drink of water. The morning after drinking alcohol, individuals are likely to have a headache and not feel rested. It is not recommended to use alcohol as a sleep aid.
<i>Insomnia only means that you have a hard time falling asleep.</i>	FALSE 	<ul style="list-style-type: none"> There are a total of 4 symptoms usually associated with insomnia and having a hard time falling asleep is only one of them. The other three include: waking up too early and not being able to fall asleep again, waking up often, and waking up without feeling energized.
<i>When you are sleeping, your brain is resting.</i>	FALSE 	<ul style="list-style-type: none"> While you are sleeping, your body rests, but your brain stays active. It continues to control many unconscious activities like breathing. The brain also stores memories while you sleep.