



4 Common Sleep Myths

A good night's rest of 7-9 hours is one of the best things you can do for your health. But there's a lot of misleading info about sleep out there. Here are four common myths, plus tips to help you get better-quality shut-eye.

MYTH #1

You can sleep in on weekends to make up for lack of sleep during the week.

FACT: Sleep researchers agree: You can't make up for lost time when it comes to sleep. The only way to get the full benefits of good sleep is to get 7-9 hours every night.

MYTH #2

Watching TV or scrolling through social media can help you fall asleep at night.

FACT: Sleep experts recommend avoiding screens for 1-2 hours before bedtime. Electronic screens emit blue light, which suppresses the release of melatonin — a naturally occurring hormone that regulates your sleep.

MYTH #3

Sleep is sleep — it doesn't matter when or where you get it.

FACT: Every person has an internal "clock" that controls their sleep-wake cycle. When your inner clock and sleep habits don't align, you can experience sleepiness, poor performance, and mental fog.

MYTH #4

Daytime sleepiness means you're not getting enough sleep.

FACT: It's common to feel sleepy after a poor night's rest, but excessive daytime sleepiness — an urge to sleep when you should be fully alert — could be a sign of something more serious. Discuss any symptoms like these with your doctor.

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