



## 10 Mistaken Beliefs about Sleep

**1**

We should sleep at least 8 hours every night.  
*Actually, our personal sleep needs can vary.*

**2**

It's ideal to always sleep through the night.  
*Occasional awakenings are, in fact, normal.*

**3**

I can and must make myself sleep.  
*We simply can't control the process of falling asleep.*

**4**

I should just stay in bed and rest if I can't sleep.  
*It is best to get out of bed at these times.*

**5**

I'll have a terrible day if I don't sleep well.  
*Not necessarily, we are very resilient and can adapt.*

**6**

Good sleepers fall asleep quickly.  
*It's normal to take up to 20 minutes to fall asleep.*

**7**

Good sleepers don't dream.  
*Dreaming nightly is an essential part of good sleep.*

**8**

It's best to get up and be productive if I can't sleep.  
*Being productive at night typically disrupts sleep.*

**9**

It's normal to sleep less as we age.  
*It's common, but not inevitable or healthy or normal.*

**10**

It's comforting to check the time when sleepless.  
*Clock watching makes it harder to get back to sleep.*