



THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

10 Mistaken Beliefs About Sleep

Lessons from sleep specialist Rubin Naiman, PhD

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.

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