



# 10 Mistaken Beliefs about Sleep

Lessons from sleep specialist Rubin Naiman, PhD

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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.***