



# 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.**

