

## Sleep and the Smoker

This is something that smokers all suffer from and very few know about. Smokers do not sleep well.

The reason is that a habitual smoker does not get enough oxygen. So when the smoker's body is deprived of air in the sleep mode it will wake the mind up. The lungs want the smoker to work harder and you, as smoker, have to be awake to do that. It can be for just a moment this wake up call and you may instantly fall back to sleep. But the longer you smoke, the more affected your sleep will become. Talk to career smokers and ask them if they feel rested. Many will tell you no.

Another problem is apnea, which is when your body doesn't get enough oxygen during the entire sleep cycle; you wake up over and over again. Smokers are notorious apnea sufferers as well. But they don't know that when they wake, all they know is that they are tired and wiped out.

So it is the first hour or two of the waking day and you are rushing to get dressed, to get breakfast, to get the kids dressed, you get lunches ready, to do some work if you have to. Doesn't common sense dictate that you would need a lot of drive to do all that well. Some times you might need to have a sense of humor and some patience when your kid puts his purple shirt on with his pajama bottoms and roller blades to go to school in. That you will need to be cool and collected when a major fight breaks out over possession of the Game boy? You aren't going to be that person if you have slept poorly.

If you do that consistently, your body gets weaker, as does your mind. Soon you aren't going to get through the rest of the day. You will have the baddest of hair days without needing to. You will snap at co-workers (or worse, your boss) without needing to. You will run red lights. You will do things you later regret and all because you lack sleep; the reason is cigarettes and your love of them.

The world requires a lot of us, there is no question about that. You are given the ability to meet the demands, and with that comes all the rewards. But you are tying your hands with the cigarette habit. You are struggling through each passing day, trying to get through it, as opposed to living IN it. That choice you are making is a mistake. Living your life rested and calm, being alive and alert, being able to love what happens AS it happens is a gift. You want to be awake enough to get all that.

Source: <http://www.articlecircle.com>

### About the Author

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