

the short run by providing a few hours of extra sleep or bed rest, it actually contributes to insomnia in the long run for several reasons.

Recall that the body temperature Rhythm starts to rise in the morning when we get out of bed, become active, and allow sunlight to enter our eyes. If you sleep later on weekends or after a bad night of sleep, you delay the rise in your body temperature Rhythm because you delayed physical activity and exposure to sunlight. If the elevation in your body temperature is delayed by a few hours, the drop in your temperature in the evening will also be delayed by the same amount of time. Therefore, if you try to go to bed at your normal time, you won't be able to fall asleep because your body temperature will be too elevated.

sleeping later on weekends is the primary cause of Sunday night insomnia, which is common among insomniacs and even affects good sleepers. Although you might think that Sunday night insomnia is caused by the mental adjustment of the ending of the weekend and the beginning of the work week, it is often due to later bedtimes and wake up times on the weekend, which caused a delay in the body temperature rhythm. When we try to go to sleep on Sunday night we have more difficulty falling asleep because body temperature is still too high.

Handwritten notes in Chinese characters, likely a translation or summary of the text above. The text discusses the relationship between sleep patterns, body temperature rhythm, and the resulting insomnia.

Second block of handwritten notes in Chinese characters, continuing the discussion on sleep and body temperature rhythm.