

Red alert! Feel more sleepy in winter? Here is why and how to overcome it.

I know it is winter time and it is one of the best times to snuggle in a warm blanket and get a sound sleep. There are numerous chances that with temperatures dipping, you are fascinated to hibernate indoors and feel sleepy than usual.

And as the sun begins to go down, instead of preparing for an evening walk, you tend to stick in front of the fire, sipping on mugs of steaming hot tea or cocoa while your energy levels sap.

Well, all this is not a coincidence, most people can relate to this during the winter months, conspicuously affecting their circadian rhythm.

Why does the cold make you sleepy more?

According to Oxford Sparks, the circadian sleep cycle is a programming of our bodies that guides us on when to sleep and wake up. Humans generally sleep when it is dark and are active during the day.

Darkness promotes the production of the sleep hormone, melatonin, which regulates our sleep, and the existence of light commonly slows down the process. In winter, however, with days becoming smaller, the serotonin hormone levels tend to reduce, boosting anxiety levels and depression.

Healthline found melatonin is mostly ruled by the photoreceptor cells in your eyes, which locates a decrease in sunlight and conveys a message to the part of your brain that observes your Suprachiasmatic nucleus or SCN.

When the SCN welcomes the message, it stimulates the pineal gland to release melatonin which then calms down your body and prepares you for sleep. This works quite well during the summer months but during winter it contributes to the production of too much melatonin, making you feel more lethargic.

Can accelerate the risk of arthritis

Studies found that during cold winter months, there is always a possibility of a hike in arthritis pain because of fluctuation in barometric pressure that promotes your pain sensitivity.

Deficiency of Vitamin D

Also, less sunlight creates most cases of deficiency of Vitamin D, which is generated when ultraviolet rays from sunlight touch the skin.

Vitamin D accelerates calcium absorption in the gut and continues adequate serum calcium and phosphate concentrations to allow normal bone mineralization and reduce the involuntary contraction of muscles that creates cramps and spasms. Vitamin D protects against rickets in children and osteomalacia in adults, mostly women. Together with Calcium, vitamin D also saves older adults from osteoporosis.

Ways to get going and overcome winter laziness

According to Medical Circle, there are numerous tricks we can use to make our brain react to external stimuli and get control over a few things. Let's begin and win ways to get over winter laziness.

- Make sure to keep your rooms bright during the daytime. But whenever it's time to sleep don't forget to draw a curtain.
- Always stick to an 8-hour sleep cycle, no matter how cold it is.
- Make sure to hydrate yourself with water since we don't feel thirsty in the cold winter times.
- Stick to healthy meals, including vegetables and seasonal fruits.
- Go out and get together with family and friends
- Sit in the sun and enjoy warmth and take some vitamin D
- Try sticking to eating your meals at the dining table, no matter how cold it is.
- Stick to light food and avoid gobbling on processed, fried, and sugary foods.
- If you can, manage some time and exercise in the early morning or evening to burn some fat.