**This Will Knock Your Socks Off!**

*Why sleeping with socks will change your life.*

Sleeping without socks has it's fans, but wearing them is the way to go. Socks will not only increases your chance of falling asleep faster and getting a better night’s sleep, but it will also make you a better person in the long run. Snoozing with socks on is simply smarter.

Whether you are for or against socks, you must wear them in the winter. If they keep you warm and comfortable during the day, why won’t they do the same at night. Fresh sheets make getting into bed ten times better; fresh socks has the exact same effect. Not only will it make you more comfortable because the clean fabric is against your skin, but it will keep you much warmer. Being warm is scientifically linked to a better night’s sleep (Vasodilation).

Research has shown that the more vasodilation [blood flow] in the hands and feet, the less time it takes to fall asleep” (sleep.org). When your toes are warm you fall asleep faster and sleep even better; who wouldn’t want that? The National Sleep Foundation explains the science behind why warm feet will increase sleep, “Heating cold feet causes vasodilation—dilation of the blood vessels—which may tell the brain that it is bedtime. After the blood vessels open in the hands and feet, heat is redistributed throughout the body to prepare for sleep” (Wearing Socks to Bed). If you can fall asleep faster at night, you can squeeze that much more resting time into your busy schedule. Falling asleep earlier will get you even more sleep, and reduce the number of times you’re hitting that snooze button in the morning. This will not only save you time in the morning, but it will make you more awake and sharp during the day, at work or school.

A common misconception is that wearing socks in the summer will make you sweat more and uncomfortable. To simply debunk this belief, there are thinly knit socks that will help you achieve all of the amazing qualities with socks, while ensuring you will not overheat. You only have to wear the thick socks in those cold winter months.

It is clear that socks are the real winner here. Napping with socks makes one sleep better, and that means you will be a better person overall. Joel Barlow senior Katie Nolan, has donated some time to sleep without socks for a night and with socks for a night. “Sleeping with socks was for sure much better. I was warmer and slept better. At one point, my blanket fell off but it didn’t even matter because of the socks!”

If you want to be warmer in the winter, fall, or even spring, sleep better and longer at night, and become a better person, sleep with socks.

**Works Cited**

Nolan, Katie A. "Katie Nolan: Sleeping with or without Sock." Personal interview. 21 Oct. 2016.

"Vasodilation - Wikipedia." *Wikipedia*. Wikipedia, The Free Encyclopedia., 7 Sept. 2016. Web. 20 Oct. 2016.

"Wearing Socks to Bed." *Sleep.org*. The National Sleep Foundation, n.d. Web. 20 Oct. 2016.

EN