

Why It's Harder to Sleep in a New Place

Have you ever had (1)_____ sleeping in a new place?

Lots of people do. And now researchers from Brown University in Rhode (2)_____ think they know why.

They found that one-half of the (3)_____ "remains more awake" than the other half when people are trying to sleep in a new place.

This (4)_____ to be a case of the brain keeping people ready for trouble in a new place, the researchers said.

The sleep (5)_____ were reported in Current Biology and by Brown University.

In their report, the researchers said many people report they have a harder time sleeping the first night at a hotel or other places outside their home.

They call it, "first-night effect."

"In Japan they say, 'if you change your (6)_____, you can't sleep,'" said Yuka Sasaki, one of the report's (7)_____. "You don't sleep very well in a new place. We all know about it."

The researchers measured brain (8)_____ for 35 volunteers over two nights in a laboratory. The two nights were a week (9)_____.

They found during the first night the left hemisphere of the brain was more active than the right hemisphere. This was during the first (10)_____ -sleep period, the researchers said.

Sasaki said a lot of questions (11)_____.

Researchers did not keep (12)_____ brain waves all night long. So, they don't know if the left hemisphere keeps "watch" all night. Or (13)_____ it "works in (14)_____ with the right hemisphere later in the night."

They also do not know why the (15)_____ brain activity, at least during the first (16)_____ of deep sleep, is always on the left hemisphere.

For some, this research may be (17)_____. It is good to know that our brain is "looking (18)_____ for us," in a new place.

But it may not help with sleep. That extra brain activity, at least (19)_____ to this new research, makes it harder to get the sleep people need to wake up well (20)_____ in the morning.

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The researchers measured brain waves for 35 volunteers over two nights in a laboratory. The two nights were a week apart.

They found during the first night the left hemisphere of the brain was more active than the right hemisphere. This was during the first deep-sleep period, the researchers said.

Sasaki said a lot of questions remain.

Researchers did not keep measuring brain waves all night long. So, they don't know if the left hemisphere keeps "watch" all night. Or whether it "works in shifts" with the right hemisphere later in the night.

They also do not know why the extra brain activity, at least during the first phase of deep sleep, is always on the left hemisphere.

For some, this research may be calming. It is good to know that our brain is "looking out for us," in a new place.

But it may not help with sleep. That extra brain activity, at least according to this new research, makes it harder to get the sleep people need to wake up well rested in the morning.

