

## Nightcaps No Good for Sleep

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### EXTRA EXTRA!

Have you ever had a glass of wine or two to help you get a few extra winks? According to a study conducted by the London Sleep Centre and featured on [msn.com](http://msn.com), this could be hindering your quality of sleep. The study showed that those who drank alcohol experienced sleep disruption and not enough REM. This explains the reason we're so tired after a night of drinking, no matter how much sleep we get. Better think twice before you indulge in some cocktails if you have a big day ahead of you!