# Article information:

How to Calm Racing Thoughts at Night - Consumer Reports
<https://www.consumerreports.org/health/sleeping/how-to-fall-asleep-when-your-mind-wont-rest-a3069995614/>

# Article summary:

1. Racing thoughts at night can make it difficult to fall asleep, with 42% of Americans reporting this as a common sleep challenge.

2. Slowing and lengthening your breath can help calm the body and ease the transition into sleep.

3. Breathing techniques, mental exercises, meditation apps, smart speakers, and sunrise alarm clocks are all tools that can be used to calm racing thoughts and improve sleep.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "How to Calm Racing Thoughts at Night" by Consumer Reports provides readers with various techniques and tools to help calm their minds and fall asleep. However, the article has some potential biases and missing points of consideration that need to be addressed.

One-sided reporting is evident in the article's focus on mindfulness techniques as the primary solution for racing thoughts at night. While these techniques can be helpful, they may not work for everyone. The article does not explore other potential causes of racing thoughts, such as anxiety disorders or medication side effects, which may require different treatments.

The article also lacks evidence for some of its claims. For example, it states that four in 10 Americans experience racing thoughts at night based on a survey conducted by Consumer Reports. However, the article does not provide any information about the survey's methodology or sample size, making it difficult to assess the validity of this claim.

Additionally, while the article mentions fitness trackers and smartwatches as potential tools for improving sleep, it does not address possible risks associated with using these devices. For example, research has shown that excessive use of technology before bed can disrupt sleep patterns and lead to insomnia.

The article also includes promotional content for specific products and services without providing a balanced view of alternatives. For instance, it recommends meditation apps like Calm and Headspace without mentioning other free options available online or through public libraries.

Finally, the article could benefit from exploring counterarguments to its claims. For example, while breathing exercises can be helpful for calming racing thoughts at night, some people may find them too stimulating or distracting. The article could acknowledge these potential drawbacks and suggest alternative strategies for those who do not find breathing exercises effective.

In conclusion, while "How to Calm Racing Thoughts at Night" provides useful tips for improving sleep quality, it has some potential biases and missing points of consideration that readers should keep in mind when evaluating its recommendations.

# Topics for further research:

* Causes of racing thoughts at night beyond mindfulness techniques
* Anxiety disorders and racing thoughts
* Medication side effects and racing thoughts
* Risks associated with using fitness trackers and smartwatches for sleep
* Free alternatives to meditation apps like Calm and Headspace
* Drawbacks of breathing exercises for calming racing thoughts at night

# Report location:

<https://www.fullpicture.app/item/9cf6cfc5c7153d06672a1090ccb04bc8>