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@Sanatan_Science

Why You Should Not Sleep With Your Head Towards North?

The human body has a magnetic field, known as the heart's magnetic field, because of the flow of blood Earth is a giant magnet. When we sleep with our head towards the north,

our body’s magnetic field becomes completely asymmetrical to the Earth’s Magnetic field. That causes problems related to blood pressure and our heart needs to work harder to overcome this asymmetry of Magnetic fields. Apart from this, another reason is

that Our body has a significant amount of iron in our blood. When we sleep in this position, iron from the whole body starts to congregate in the brain. This can cause headaches, Alzheimer’s Disease, Cognitive Decline, Parkinson's disease, and brain degeneration.