

Can smoking a cigar keep you awake? – Sage-Answer

•
•
•
•
•
•
•
•
•

Is smoking an occasional cigar bad for you?

Should I smoke a cigar before bed?

Do cigars give you energy?

Will I sleep better if I quit smoking?

How does nicotine affect your sleep?

Why do people smoke cigars in the summer?

Apnea

Insomnia and Low-Quality Sleep

-
-
-
-
-
-

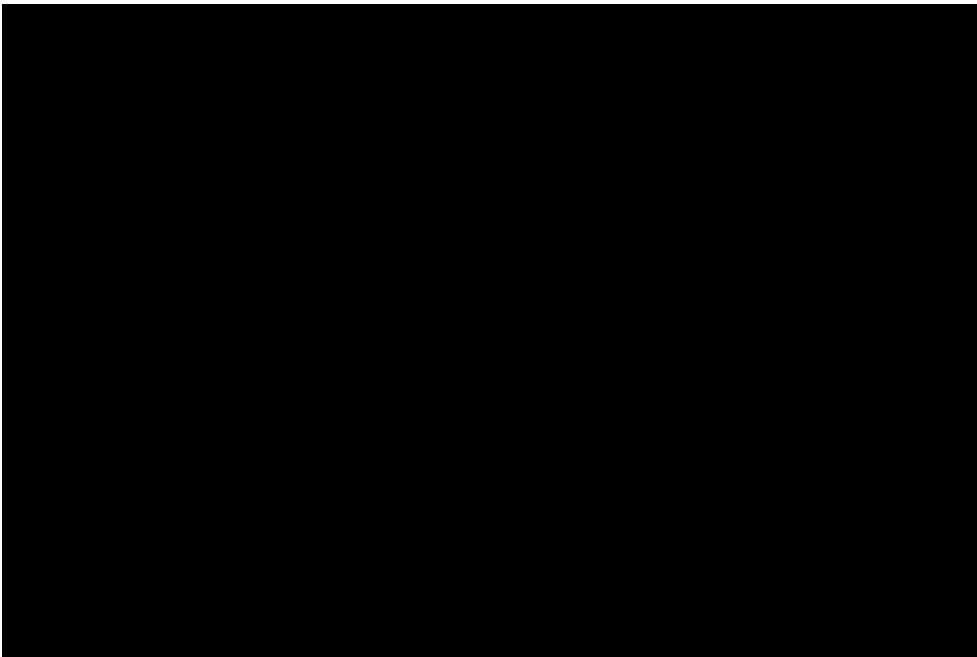
A Word From Verywell

-
-
-

What is nicotine?

How smoking affects sleep

Ways nicotine affects sleep.



Waking up during the night

Tiredness

Makes you more alert

Difficulty falling asleep

Disrupts the most restful part of sleep (REM)

Sleep deprivation

Breathing difficulties

Snoring

Sleep apnea

Asthma

Lung cancer

Conclusion