**FACT OR FICTION…**

1. Cold weather can give you a cold. **MYTH**!
2. Your brain is much more active at night compared to the day. **FACT**!
3. You should never wake a sleepwalker. **MYTH**!
4. We only use 10% of our brain. **MYTH**!
5. Cracking your knuckles can cause arthritis. **MYTH**!
6. Facial hair grows faster than any other hair on the body. **FACT**!
7. Hair and nails continue to grow after we die. **MYTH**!