

Sleep (To Be Retitled When I Think of A Better One - Note That I Am Posting This at 2:30 AM)

Post by "Cassius" of February 11, 2022 at 2:39 AM

in the study of Epicurus we find ourselves with a fair share of people who are going through rough times in their lives, and one of the ways that rough times manifest themselves is in alteration of "normal" sleep patterns.

A friend today sent me this article linked below, by someone who claims that we should re-examine just how much sleep is healthy. He argues that at times less sleep can correlate with a better - and not worse - frame of mind.

I know nothing about the author of this article and his qualifications or views on any other subject, but the opening section caught my eye, and I wonder how it correlates with the views of others here. The challenging initial section that caught my eye was this:

Quote

Comfortable modern sleep is an unnatural superstimulus. Sleepiness, just like hunger, is normal.

In this section, I make the following analogy:

1. Experiencing hunger is normal and does not necessarily imply that you are not eating enough. Never being hungry means you are probably eating too much.
2. Experiencing sleepiness is normal and does not necessarily imply that you are undersleeping. Never being sleepy means you are probably sleeping too much.

Read the section and see what you think: <https://guzey.com/theses-on-sleep/>

Most of us i think probably agree that oversleeping correlates with some form or degree of depression.

So maybe occasionally being up at 2:30 AM, and being sleepy during the day, is not such a bad thing at all?