

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

Post by "SimonC" of February 11, 2022 at 6:59 AM

Interesting. I believe in general inducing some stress every now and then is a good thing, so I can see that acute sleep deprivation occasionally might not be harmful.

I've slept around 6 hours per night the last decade with no bad effects as far as I can tell.

One thing to note about the article is that the author's correlation between depression and sleep is based on bipolar patients - people with unipolar depression normally sleep less when they are depressed.