

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

**Post by "Scott" of February 11, 2022 at 9:11 AM**

Cassius this is a great topic and worthy of investigation and discussion. The particular article you referenced, and its author, are not however, a very good sources of information. The article is littered with many bits of accurate information and truths, but also... lots of unsupported assertions, interesting anecdotal evidence, conflations, stretched analogies, etc. Debunking all those would take gobs of time. However, the article does stir up thought and offers interesting insights. I've occasionally had trouble sleeping through a "full night" and have read some about this stuff over the years, including about the 2 segment night sleep idea and historical sleep pattern changes that Don's article refers to. Also about people / groups / cultures that employ daytime napping, and there is little doubt in my mind that sleeping 8 hours straight per night (or 7-9 as Guzey usually refers to) is not set in stone. I found that once I stopped worrying about it on those occasions when I woke up in the middle of the night or had other "variations", I really didn't have any further troubles. Sleep varies over time, within one's personal experience, and between different people. That's OK. Figure out what works for you.