

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 7:25 AM

Yes I am for the moment discounting that he has any real science behind him and just entertaining how the general observation compares with my (our!) Own experience. But even more, the thought that there may be a parallel between (1) modern health issues in regard to sugar and (2) modern sleep conditions in fact being more supportive of sleep at least physically, strikes me as possible.

I wish I could compare this to something in the Epicurean texts (probably Lucretius) but I am not able to think of anything on point, with the possible exception of the issue of "romantic love" or maybe more generally "wealth" to which we today may be more overstimulated then in the past.