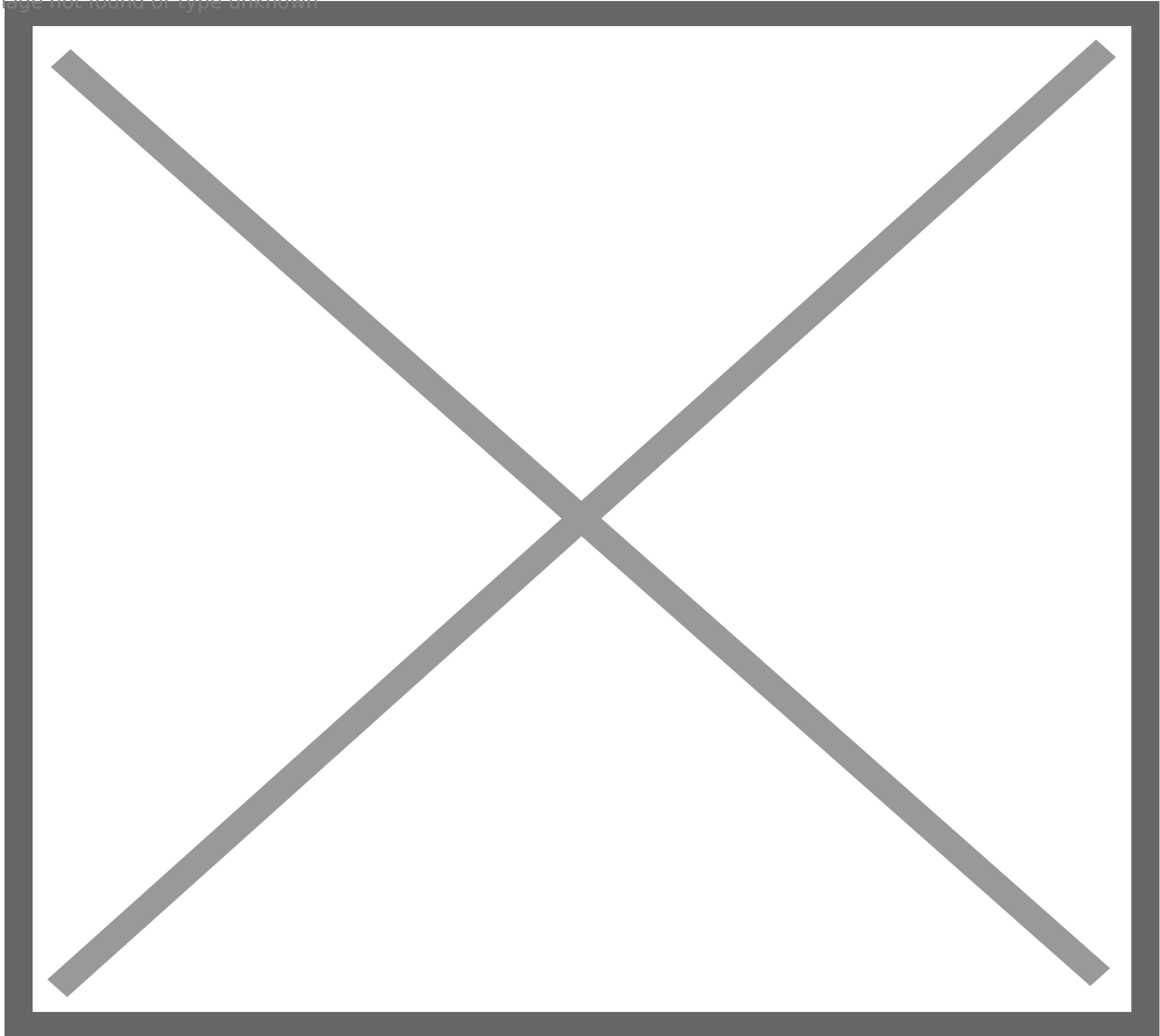


Sleep (To Be Retitled When I Think of A Better One - Note That I Am Posting This at 2:30 AM)

Post by “Don” of February 11, 2022 at 7:31 AM

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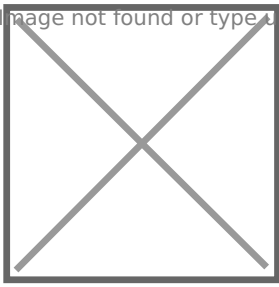


[The myth of the eight-hour sleep](#)

Sleeping in one eight-hour chunk is a very recent phenomenon, and lying awake at night could be good for you, according to scientists and historians.

www.bbc.com

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[Segmented Sleep in Preindustrial Societies](#)

www.ncbi.nlm.nih.gov

https://en.wikipedia.org/wiki/Biphasic_and_polyphasic_sleep#%3A%7E%3Atext%3DBiphasic_sleep_%28or_dip

<https://www.psychologytoday.com/us/blog/sleep...-may-be-natural>

<https://www.epicureanfriends.com/thread/2395-sleep-to-be-retitled-when-i-think-of-a-better-one-note-that-i-am-posting-this-at/?postID=16733#post16733>