

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 10:42 AM

[Quote from Scott](#)

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'

Yes you're definitely right. I didn't take the time to research him other than in the most cursory way, and so reading into the question really probably starts with the type article Don referenced combined with our own anecdote of personal experiences. I really considered the first part of the article (the only part I did more than "skim") as little more than an assertion of personal experience too.

I think I've read enough already not to be anxious about getting the "one eight hour chunk" type of sleep.

Like most people probably I have long been aware of the "siesta" in some cultures, but I've never followed up on that to see what that means for how long such people sleep at night.