

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

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

I can't think of any Epicurean references offhand, but as I recall Marcus Aurelius wrote a passage about dragging his butt out of bed in the morning. Surely other ancient writers addressed sleep as well in some fashion?