

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

Post by “smoothiekiwi” of February 11, 2022 at 4:44 PM

Yes, I agree with [Kalosyni](#) . In fact, I have noticed that I require 9 hours in order to have a pleasant (!) life.

Yes, I may also function with only 8 hours of sleep (as I do now). But the pain of being sleepy outweighs the benefits BY FAR. And so, I honestly consider this thesis very questionable.

Is it effective to sacrifice a bit of sleep for performance? Maybe.

Is it pleasant? Heck no.

Is it good for your body? Obviously not (our body would most certainly go hunting, not sleeping, if the amount of sleep could be set lower!)

So, to sum up, I think that everyone should listen to their emotions and feelings. For some people, like [Matt](#) , 6 hours are enough. For me, 9 hours are necessary. In either case, we should listen to our own feelings, not studies. The Canon of Truth doesn't have reason, after all 😊