

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 9:33 PM

Another thing to consider when discussing how many hours of sleep are necessary is to clarify whether you're talking about time in bed or time actually asleep. It's not unusual to be awake for ten percent (give or take depending on age and other factors) of the hours in bed. Much of this time is such short interruptions that you're barely, or not, aware of it, though it also includes getting up to use the bathroom and falling right back to sleep &c.