

# Burnout, Time Management, and Searching for an Epicurean Approach

Post by "Cassius" of May 4, 2020 at 7:51 PM

[Quote from Godfrey](#)

sometimes lying awake at night

i have been doing WAY too much of that lately 😊

I hear that trouble sleeping has been a big problem with all the stress people are under wondering if their world is about to totally fall apart.

Any experiences on that here?