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Subject: Sleep

Posted by [Mark L](#) on Tue, 11 Dec 2012 00:31:39 GMT

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I've been thinking about this for quite a while. I'd like to give my perspective.

The bible comes at it from 2 perspectives from what I can see. One is that sleep is good and needful and healthy (Pr 3/24) and the other that it is not to be abused (Pr.20/13).

I do a lot of driving so often listen to a lot of radio. Either religious radio or PRI type. CBC here in Canada. Lots of documentaries. I heard several on sleep. Which got me interested.

My standard for a long time was 6 hrs or so. Often less. I kept hearing about scientific studies which kept showing most people need 8 hrs a night. There are also a lot of health benefits to sleeping.

I heard some of these doc's and decided to try it for myself. So I started sleeping 8 hrs a night. Every night. After a week or so I noticed my attention my attitude my whole life changed for the better. There was just a quality to my life that wasn't there before. I don't know how to describe it. The quality to everything was just better.

After a few more days I noticed I didn't need 8 hrs anymore. It just seemed like too much. Bottom line is I cut back to 7 hrs a night which is where I stay now. In my work it isn't always possible so if I can't get my 7 hrs I try and sack out for an hour in the afternoon or early evening.

Another related thought I had was falling asleep. HEF used to talk about his head hitting the pillow and 2 sec's later he was asleep. I find that falling asleep is one of lifes little pleasures. Snuggle into the covers and pillow and just kind of gently drift off. Doesn't take me long but I enjoy the process.

If you read the book of Ecclesiastes you see him saying to enjoy your life here. Because really its all we have. Eating drinking having a mate having kids working. I would include sleeping in that. You read right through the book to enjoy our physical life. Everything shouldn't be focused on the life to come.

The reason I'm posting on this is HEF's position. I think he was somewhat suspicious of it. If one is sleeping one can't be studying or photographing or something useful. That probably is a little strong but I wanted to make the point.

All of us have to decide for ourselves how much sleep we need. I just think it needs to be based on our own physical and mental makeup and not some spiritual standard laid down in the faith message. I'm not critising Freeman here. It seemed to work for him. Problem was it wasn't

working for me.

Any thoughts or comments?

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Subject: Re: Sleep

Posted by [william](#) on Tue, 11 Dec 2012 01:18:57 GMT

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That's an interESTing topic, Mark!

I heard bits and pieces of some documentary on PBS (I think) that delved into the history of sleep patterns.

A couple of centuries ago it was common (apparently) for the richer classes to hit the sack early and after about 4 hours or so they would get up and play games, visit neighbors, etc., in the middle of the night. The idea was that the rich could afford the candles and/or oil and they made good use of a few hours in the night before retiring again in the very-early morning hours.

Supposedly this corresponded with natural sleep patterns... at least at that time.

The 8 hour theory was developed later... or so it was said.

Anyway, I'll love to listen to the whole program if I can ever find it somewhere. It was pretty interesting!

Blessings,  
William

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Subject: Re: Sleep

Posted by [james](#) on Tue, 11 Dec 2012 16:07:31 GMT

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Until the last few years I'd had problems sleeping (insomnia, waking every couple of hours, ect), for many years 4-5 hours was my 'standard', but finally I've been blessed to be able to sleep 6-7 hrs. and even 8 every now and then. Who am I to argue with the 'experts', but I just trusted The Lord to give me strength to get done what needed doing on days I was short a few hrs. and He always did.

During tax season (Jan.-April) I've many times awoke 2-3 a.m. with such a clear mind concerning tax problems and solutions that it is amazing; I've gone to bed mentally exhausted after a 12-14 hr. day and awoke early ready to get after it all over again.

I do know this, given a choice I'd rather get consistently 7-8 hrs. sleep than 4-5; I just never seemed to be able to do that until I got into my late fifties...now I'm trying to make up for lost time...Just kidding, I still get up early, but have found going to bed early(now that I've broken the 'gotta watch' T.V. habit) is easier than before.

I don't see myself becoming one of those folks who 'love' to sleep-in til mid-morning or noon...ever! <smile>

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