Sleep-Related

**In vain you rise early and stay up late, toiling for food to eat**

**- for He grants sleep to those he loves..**

***(Psalm 127:2)***

**If you want to ace the final exam, don’t pull an all-nighter, says a new study. Harvard researchers have found that the brain needs several hours of sleep to solidify the information it’s learned during the day. In the study, researchers asked a test group of 60 students to memorize 20 pairs of random words. Half were told to return 12 hours later, after a good night’s rest. The other half were told to sleep not a wink. Of those who had slept, 76 percent correctly recalled the words on a test, while only 32 percent of the sleepless students got them right. When you sleep, researcher Jeffrey Ellenbogen tells Scientific American, your brain “orchestrates the strengthening of memories and thereby renders them less vulnerable to interference.” *(The Week magazine, July 28, 2006)***

**The amount of sleep required by the average person is about an hour more. *(Bits & Pieces)***

**There is a great range in the amount of time that various animals spend sleeping. Based on studies of animals held in captivity, the following table lists the total sleep time per twenty-four hours for a variety of mammals. Koala - 22 hours of sleep; two-toed sloth - 20 hours; armadillo, opossum - 19 hours; lemur - 16 hours; hamster, squirrel - 14 hours; rat, cat, pig - 13 hours; spiny anteater - 12 hours; jaguar - 11 hours; chimpanzee, rabbit - 10 hours; man, mole - 8 hours; cow - 7 hours; sheep - 6 hours; horse, bottlenose dolphin - 5 hours; giraffe, elephant - 4 hours; shrew - 0 hours. (Warren D. Thomas, in Amazing Facts about Animals, p. 28)**

**Average times seven animals sleep a day: Dolphins – sleep one hour a day; Horses – three hours a day; Cows – four hours a day; Donkeys – three hours a day; Sheep – four hours a day; Sharks – one hour a day; Sooty terns – do not sleep. *(World Features Syndicate)***

**Think what a better world it would be if we all, the whole world, had cookies and milk about three 0’clock every afternoon and then lay down on our blankets for a nap. (Barbara Jordan)**

**First thing a bird does in a winter morning is try to regain the weight it lost overnight. *(L. M. Boyd)***

**Your heart rests more than it works. In a 70-year lifetime, it’s at rest for about 40 years. Your heart doesn’t work quite the way your whole body works. Your body rests about a third of your life – during sleep. Your heart rests about a sixth of your life – between beats. But your whole body doesn’t take any special rest while your heart is still. And your heart doesn’t take any special rest while your body is still. *(L. M. Boyd)***

**Over an eight-hour working day, your brain gives up more than an hour's time in quick naps, even though you're not aware of it. *(L. M. Boyd)***

**If you weigh 140 pounds, you burn a calorie per minute while you sleep and 1 ½ calories while you watch TV. So stay up. Watch TV. Lose weight! *(L. M. Boyd)***

**Camping improves sleep: Here's an unlikely tip for insomniacs: Spend a few nights under the stars. That's the conclusion of a new study at the University of Colorado Boulder, which found that a camping trip could help those plagued by sleeping problems. The key to good shuteye is melatonin, reports CBSNews.com. Levels of this naturally occurring hormone should rise shortly before bedtime and drop back down when it's time to wake up -- but exposure to the artificial glow of phones, computers, and TVs can disrupt the body's natural circadian rhythm. The researchers in Colorado sent five volunteers on a six-day camping expedition in the Rocky Mountains, without torches or any electronic gadgets. The campers slept for over two hours longer than normal during the trip; on their return, their melatonin levels began to rise more than two-and-a-half hours earlier than before. A second experiment, in which one group went camping for a weekend and another stayed at home, produced similar results. The researchers believe greater exposure to sunlight could help reset the body's internal clock, leading to better sleep. Kenneth Wright, the study's co-author, acknowledges that people don't "have to go camping to achieve these benefits" -- he recommends going for a walk during the day and dimming the lights at night. *(The Week magazine, February 24, 2017)***

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**Your cat, if typical, sleeps away two-thirds of its life. *(L. M. Boyd)***

**Cats sleep up to 18 hours a day but never quite as deeply as humans. Instead, they fall asleep quickly and wake up frequently to make sure their environment is still safe. *(The Daily Chronicle)***

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**Things to say if you get caught napping at your desk: “They told me at the blood bank this might happen.” “This is just a 45-minute power nap like they raved about at that management seminar you sent me to.” “Someone must have put the decaf in the wrong pot.” “Whew! Guess I left the top off the White-Out. You probably got here just in time.” “I wasn’t sleeping. I was meditating on the mission statement and envisioning a new paradigm.” “I was testing my keyboard for drool resistance.” “I was doing a highly-specific yoga exercise to relieve work-related stress. Are you discriminatory toward people who practice yoga?” “Why did you interrupt me? I had almost figured out a solution to our biggest problem.” “The coffee machine is broken.” “...in Jesus name. Amen.” *(Rocky Mountain News)***

**Sleep is the best meditation. (The Dalai Lama)**

**To what does Dick Clark credit his youthful relaxed manner? Naps, I’m told. *(L. M. Boyd)***

**Billy says to Jeffy while observing Dad sleeping on the sofa: “I think Daddy’s closed for Labor Day.” *(Bil Keane, in The Family Circus comic strip)***

**After periods during which one has actively tried to solve a problem, but has not succeeded, the sudden right orientation of the situation, and with it the resolution, tend to occur at moments of extreme mental passivity. A well-known physicist in Scotland once told me that this kind of thing is generally recognized by physicists in Britain. “We often talk about the Three B’s,” he said, “the Bus, the Bath, and the Bed.  That’s where the great discoveries are made in our science.” *(Wolfgang Kohler)***

**Mom says to child about the dog: “To him, anything that doesn’t move is a bed.” *(Brad Anderson, in Marmaduke comic strip)***

**First man: “What’s the beware-of-dog sign for?” Second man: “I got that for ol’ Duke.” First man: “Duke? I’ve never even seen that dog awake.” Second man: “I know. I’m afraid someone might trip over him.” *(Jerry Bittle, in Geech comic strip)***

**Most dogs sleep about 11 out of every 24 hours. *(L. M. Boyd)***

**How can a person go for eight days without sleep? They only sleep at night, not during the day. (The Daily Chronicle)**

**God rested on the seventh day. So surely a mortal human should be allowed to rest every two or three days. *(Mark Pitt, in Lucky Cow comic strip)***

**Dear God, so far today, I’ve done all right. I haven’t gossiped, and I haven’t lost my temper. I haven’t been grumpy, nasty or selfish, and I’m really glad of that. But in a few minutes, God, I’m going to get out of bed, and from then on, I’m probably going to need a lot of help. Amen. *(Rocky Mountain News)***

**I haven't slept for ten days, because that would be too long. *(Mitch Hedberg)***

**Maybe there’s a window of opportunity for helping people sleep more, and maybe that would help their weight. (Dr. Steven Heymsfield, whose research indicates that people who get less than four hours of sleep a night are 73 percent more likely to be obese than those who get seven to nine hours)**

**When it is time to hit the sack, then it is time to go to bed for the night. This expression originated in America in the late 1800s, when mattresses were little more than sacks filled with hay. For this reason, the similar phrase hit the hay also came into use. But why hit either the sack or the hay? It was common practice before going to sleep to "fluff" the mattress by punching or hitting it. Some linguists say that before 1880, the phrase hit the hay meant specifically to sleep in a barn. (The Daily Chronicle)**

**Helga: “Hagar, how can you spend your days off just lying in bed? Have you ever thought of getting a hobby or something?” Hagar: “Yeah. This is it.” (Dik Browne, in Hagar The Horrible comic strip)**

**Horses can sleep standing up or lying down. They take many short naps while standing up, and only need to lie down one or two hours every few days to get enough deep sleep to keep them healthy. *(Don Voorhees, in The Perfectly Useless Book of Useless Information, p. 167)***

**Some people have insomnia so bad these days they can’t even sleep on the job. *(Bits & Pieces)***

**The small and highly poisonous box jellyfish, which lives in the waters off Australia’s Queensland coast, has been found to take a daily nap, according to a team of marine biologists. Researchers from James Cook University say it is the first time that any jellyfish has been found to slumber. The team made the discovery after placing small ultrasound transmitters in the bells of five jellyfish and following the creatures with microphones while filming them for up to 36 hours. That revealed the jellyfish typically go to sleep about 3 p.m. on the ocean floor. *(Steve Newman, Universal Press Syndicate)***

**Next to the locusts, those desert snails could be the champion sleepers. They’re said to doze for four years at a stretch. *(L. M. Boyd)***

**Servant: “Hagar, do you look at life optimistically or pessimistically?” Hagar: “Neither. I prefer horizontally.” (Chris Browne, in Hagar The Horrible comic strip)**

[**Losing Sleep Can Snooze Our Relationships: According to a Swedish study, after one night of no sleep, participants were more likely to interpret an angry face as less trustworthy than rested folks were. They also rated neutral and fearful faces as less attractive. This is because people spent less time analyzing facial expressions after a sleepless night, which could lead them to misinterpret the faces or overreact to them. Unfortunately, when we do this, it can lead us to withdraw socially. So next time you’re feeling sensitive in this way, it’s probably time for a nap. *(Mark Witten, in Reader’s Digest, December/January, 2023, page 38)***](http://www.bbc.co.uk/)

**Scientists have long wondered how migrating birds, after flying all night, apparently make it through the day without sleeping. A new study of brain waves among captive Swainson’s thrushes suggests they drowse with their eyes open; nap for mere seconds; and doze with one eye open, resting one side of their brain at a time. They could be a catnapping while watching out for the cat. (T. A. Frail, in Smithsonian magazine)**

**A normal, healthy person moves in his sleep about once every seven or eight minutes. *(E. C. McKenzie, in Tantalizing Facts)***

**The movie Sleepby Andy Warhol, the longest non-talking film ever made, consists solely of a man sleeping for eight hours.  *(Denver P. Tarle, in A Treasury of Trivia, p. 150)***

***Dad*: “How was your nap?” Billy: “Boring.” *(Bil Keane, in The Family Circus, comic strip)*NASA is offering test volunteers $17,000 each to spend 90 days in bed, lying with their feet slightly elevated above their heads. The space agency is studying how the human body responds to a lack of gravity over long periods of time. (Wired.com, as it appeared in The Week magazine, May 23, 2008)**

**A Sunday school teacher asked the children just before she dismissed them to go to church, “And why is it necessary to be quiet in church?” Annie replied, “Because people are sleeping.” *(Denver Rocky Mountain News)***

**Why do we need sleep? Because consciousness is too heavy a burden to bear all the time. *(Ashleigh Brilliant, in Pot-Shots)***

[**Never underestimate the recuperative powers of a nap! John D. Rockefeller lived to be ninety-eight. He attributed his longevity, in part, to taking a half-hour nap at noon every day. Connie Mack, another giant who lived to a ripe old age, always napped before a ball game. Edison attributed his enormous energy to the catnaps he took frequently throughout the day. Henry Ford, who lived to eighty-four, was asked late in life how he got so much done. Said Ford: “I never stand up when I can sit down; and I never sit down when I can lie down.” *(Bits & Pieces)***](http://www.bbc.co.uk/)

**Though you and I don’t learn while we sleep, newborn babies do, researchers now report. The relaxed baby, they say, appears asleep, but remains conscious and capable of learning. What happens in the “sleeping” baby’s room is filed away in the baby’s mind. *(L. M. Boyd)***

**Nightmares Train Your Brain: In two related studies, researchers at the University of Geneva in Switzerland used brain scans to show that the same brain regions are activated when we experience fear in dreams and in real life. What’s more, people who have scary dreams more often are less afraid of frightening images when they are awake. This suggests that nightmares help us rehearse dangerous scenarios in a safe environment, which helps us know how to handle threats better when they actually occur. *(Reader’s Digest, October, 2019, page 46)***

**Mutts: “Earl, I’m off to school! It sounds like the place for me!” Earl: “Reading? Writing? Arithmetic?” Mutts: “Nap time.” (Patrick McDonnell, in Mutts comic strip)**

**Unless you are rather unusual, you will spend about one-third of your life asleep. If, for any reason, you are continually deprived of sleep, you will probably have hallucinations and eventually go mad. *(Barbara Seuling, in You Can’t Sneeze with Your Eyes Open, p. 6)***

**How to power nap: "Nap time is the new coffee break," said Galadriel Watson in The Washington Post. For many of us working at home during the pandemic, a shot of shut-eye has become "an essential afternoon pick-me-up," and "study after study" has shown that naps boost productivity. To nap effectively, set an alarm for 20 minutes, which is long enough for you to reach Stage 2 sleep but short enough to prevent you from waking up groggy. A NASA study showed that pilots are more alert after sleeping just 10 to 20 minutes. If you need help regaining alertness after the alarm goes off, try stepping into bright light or splashing your face with water. *(The Week magazine, February 19, 2021)***

**An 84-year-old retired businessman lived with his grown children. He didn’t say much, just shuffled around the house, and they felt he needed psychiatric help. To please them, he went to a psychiatrist. The psychiatrist said, “Lie down on the couch and we’ll talk. If you have something to say, fine. If not, maybe next time.” The couch was so comfortable that the old man fell asleep and the doctor awakened him 50 minutes later. “That’s an hour and that will be $100 please,” said the doctor. The old man paid him and went home. The old man came back every Tuesday and Thursday thereafter, and the same thing happened each time. He never said a word, fell asleep on the couch, paid his $100 and went home. After several weeks the old man came in one day, sat down on the couch and said, “I have something to say.” “Finally!” cried the psychiatrist. “What is it?” “I was thinking,” said the old man, “that you’re doing pretty well here, but all work and no play is no good, you know. You really should take some time to enjoy life and I’d like to help. How about letting me be your partner?” *(The Executive Speechwriter’s Newsletter)***

**Eighteen naps a day is just about average for a rabbit. *(L. M. Boyd)***

**Twenty-one days of relieved bed rest will age your body by 30 years. Or so say the medicos now. Fortunately, it’s reversible. Once up and about, you’ll “youth” again. *(Boyd’s Curiosity Shop, p. 28)***

**Give a man a reputation as an early riser, and he can sleep 'til noon. *(Mark Twain)***

**The restorative power of naps: The boss might not buy it, but an early afternoon nap could indeed make you more productive, reports National Geographic News. Psychologists at the University of California, Berkeley, gave two groups of adults a learning test designed to stimulate a part of the brain critical to short-term memory. At 2 p.m., two hours after taking the test, one group was allowed to nap for 90 minutes; the other continued to work. At 6 p.m., the test was administered again, and the group that had napped scored markedly better than the one that hadn't napped. The results suggest that sleep "reboots" the brain, helping to clear its short-term memory and shuttle key information into longer-term storage. "It's as though the e-mail inbox is full and, until you sleep and clear out those fact e-mails, you're not going to receive any more mail," says study author Matthew Walker. After napping, he says, you're "ready to soak up new information." *(The Week magazine, March 12, 2010)***

**When I rest, I rust. *(German proverb)***

**There is always a quiet time in forests all over the world. While only some people take a siesta, there is a tendency on the part of almost every wild creature to stop what it is doing and rest in the afternoon. Usually between the hours of one and three o'clock almost no wildlife is moving. If you are hunting for game then, you may as well put your gun down and take a nap. If you are freshwater fishing, the same thing generally holds true. Maybe this instinct to rest is nature's way of preventing cardiac failure among creatures. *(John N. Hamlet, in Land That I Love)***

**It’s during your sleep that your skin does much of the work to replace itself. Twice as much as when you’re awake. *(L. M. Boyd)***

**If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late. *(Henny Youngman)***

**Springsteen's dreams of the dead: Bruce Springsteen has mortality on his mind, said Brian Hiatt in Rolling Stone. The 71-year-old rocker recently lost his friend George Theiss, who'd been his partner in his very first band, the Castiles. As teens, the pair had played Bo Diddley, Jimi Hendrix, and Sam and Dave covers at union halls and Jersey Shore beach clubs. Springsteen visited with Theiss shortly before he died of lung cancer; afterward, he realized that he was the Castiles' only surviving member. "You can't think about it," he says, "without thinking of your own mortality." It led to the song "Last Man Standing" on his new album, Letter to You, which Springsteen made with his longtime outfit the E-Street Band. He wrestled with other ghosts during the recording sessions; those of E-Street saxophonist Clarence Clemons, who died in 2011, and organist Danny Federici, who died in 2008. "I live with the dead every day at this point in my life. Whether it's my father, Clarence or Danny, all those people sort of walk alongside you." His departed friends sometimes appear in his dreams. Springsteen's longtime assistant Terry Magovern, who died in 2007, shows up "a couple times a year." Clemons stops by occasionally. "What we're left by the dead is a beautiful part of living, We see all those folks in our dreams until we become a dream ourselves." *(The Week magazine, October 23, 2020)***

**There are three stages in life: You have to take a nap and don't want to; you want to take a nap but don't have the time; and you want to take a nap and have the time, but you can't fall asleep. (Sarah Raymond, in Reader's Digest)**

**Early afternoon, when the sun is still high, is the best time for sleeping under a tree. During these hours, it is a warm shade that comes straight down around the trunk. Any kind of clothing that is not crumple-proof is suitable. The idea is to wake up wrinkled on the outside but straightened out a bit on the inside. *(San Diego Union Tribune)***

**If you are asked whether trees sleep, you can say, “sort of.” They, too, need periodic relief from light, and the day-and-night routine gives it to them. *(L. M. Boyd)***

**Son says to his Mom: “This article says that the best time to treat back pain is before it begins. Where’s Dad?” As Mom observes Dad sleeping on the sofa, she says to her son: “He’s preventing back pain again.” *(Dean Young and John Marshall, in Blondie comic strip)***

**Garfield: “I had trouble sleeping. I tossed and turned all afternoon.” *(Jim Davis, in Garfield comic strip)***

**The art of sleep proved challenging for Vincent van Gogh. He could only sleep by smothering his mattress and pillow with camphor to clear his mind of all his strange thoughts. *(Charlotte Lowe, in Fact-O-Pedia, p. 128)***

**Diagnosing my problem as water on the knee, the doctor prescribed complete bed rest. When we got home, my husband set me up in a lounge chair and brought my knitting and some books. As he packed ice around my knee, he said, "Now, honey, I don't want you to move until it's time to get dinner ready." *(L. J., in Reader's Digest)***

**Dreaming on replay: Want to know what your brain is doing while you're sleeping? A new study suggests it's "replaying" your waking experiences. As part of a research project to help paralyzed people, two patients had micro-electrodes implanted in their brains that would monitor the activity of individual neurons. The researchers watched the patients' brain activity as they played a basic sequencing game in which they lit up color panels using their mind, and then as they drifted off to sleep afterward. The scientists noticed that the neurons that fired during the game also lit up during shut eye, suggesting that the brain was going over what it had done while awake. Study co-author Beata Jarosiewicz tells USNews.com that further research is needed to determine whether this "replay" improves participants' game performance, or whether the brain acts in the same way during deep sleep. But she says the findings add to the list of reasons to get more rest. "Sleep is important for many reasons, including your brain function." *(The Week magazine, May 22, 2020)***

**Why You Should Nap like This Famous Inventor: When Thomas Edison sought inspiration, he would take a nap. Specifically, he would hold a small object in his hand, then go to sleep. When the object fell to the floor, he’d often awaken with a new idea. As it turns out, his method has a scientific basis: A French study suggests the brain activity in the twilight zone between sleep and wakefulness – called N1 or hypnagogia – can connect dreamlike experiences with recent events that occurred while awake. Nearly 83 percent of study participants who napped for 10 minutes successfully solved a math problem presented earlier, compared to 30 percent of subjects who stayed awake and 14 percent of those who fell into a deeper sleep. (Reader’s Digest, July/August, 2022 issue, on page 40)**

**The wildcat is the most vicious fighter in the animal kingdom. Asleep, it resembles a gentle housecat -- in a fight, it is a furry ball of rage. *(Denver P. Tarle, in A Treasury of Trivia, p. 87)***

**Pollsters say they’ve proved that women generally spend more time in bed than men do. *(L. M. Boyd)***

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