

Richardson Studies Education Anthologies

Sleep is Overrated

In the Quest for Greatness



By Nate Richardson



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Author

Nate Richardson is a member of The Church of Jesus Christ of Latter-day Saints. He is the editor of RichardsonStudies.com. His writing focuses on faith-based research & philosophy.



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Introduction to Sleep Overrated

To the secular humanist sure sleep is one of the most important things ever as they overly emphasize health and I'm not saying we shouldn't be reasonable and that there's not seasons of more and less sleep but I am saying we don't worship sleep we don't worship our bodies we have work to do we have children to bear we have books to write we have the gospel to preach I think there can be a big difference in a life that is casual and emphasizing sleep versus a life that is hard working and every now and then not sleeping enough it seems like we can get by with a little less than a lot of people think we can and that this is part of a good life well lived. This life is short this life is a test and it's exciting and we should have a sense of urgency about it we should never be bored.

Let us remember that not only scientific laboratories but wisdom from the ancients and insight from inspired individuals can give us information on matters of importance. To ignore historical and prophetic wisdom at the expense of focusing on the laboratory, or the opposite, to leave the laboratory to just listen to leaders and wise men, is to put oneself at risk of assuming radical views which will not lead to desired outcomes.

This is a collection of teachings on and examples of the prophets and other inspired individuals about sleep. We must serve God, and we look up to those who have gone before to help us be inspired about ways we can offer our whole souls as an offering to God. Sometimes this balance of service and self-care can involve less sleep. I would note that regular use of stimulants indicates that our sleep patterns are unstable and not suitable for a healthy long-term lifestyle. We will frequently consider as we review these teachings that there is more to life than sleep, and that much of what must be done can indeed be done on less sleep.

Cautionary note: There is a time to rest. Joseph Smith told one man who had given much for the kingdom of God that he must rest and take it easy a while. The man said, "I cannot". Joseph said, "then you will die." Well, the man did die a premature death, and Joseph spoke at his funeral.

A Few Verses on Not Over Sleeping

D&C 58:26–29 (God Doesn't Command in All Things. Don't Be Slothful.)

26 For behold, it is not meet that I should command in all things; for he that is compelled in all things, the same is a slothful and not a wise servant; wherefore he receiveth no reward.

27 Verily I say, men should be anxiously engaged in a good cause, and do many things of their own free will, and bring to pass much righteousness;

28 For the power is in them, wherein they are agents unto themselves. And inasmuch as men do good they shall in nowise lose their reward.

29 But he that doeth not anything until he is commanded, and receiveth a commandment with doubtful heart, and keepeth it with slothfulness, the same is damned.

D&C 107:99–100 (Slothful are Unworthy)

99 Wherefore, now let every man learn his duty, and to act in the office in which he is appointed, in all diligence.

100 He that is slothful shall not be counted worthy to stand, and he that learns not his duty and shows himself not approved shall not be counted worthy to stand. Even so. Amen.

[The \(Occasional?\) Duty of Polyphasic Sleep: Expectations & Strategies](#)

“My life like my shoes, worn out in the service of God.” -President Spencer W. Kimball

“Have a sense of urgency.” -Thomas S. Monson, Russel M. Nelson, etc.

-when much is at stake, you must lose the calendar, and just go full throttle. This means you sleep when you must, not when a clock says something. And when you must sleep, you do so incrementally, then get back to work, as a little sleep can be restorative.

-stock up on sleep so when you can't, you have reserves. The science shows that it indeed works like this, the use of stored energy, and the power to renew one's self with a reasonable night's sleep even if you've been without for a few days.

-in seasons of critical performance, get all you need to do completed, then rest a season. It's feast or famine. You can't wait until it's convenient in your schedule to get your work done.

In my full-time college student years, I also worked a full time job maintained a marriage, and raised a number of children. I have thought much about where the line is for giving one's all for the betterment of society. Though this line (as well as one's ability to move that line in a per needs basis) varies from person to person, here are some generalities I've come to believe from much trial and error, much success, and much failure.

My soul cries out, Oh God, how strict are thy ways, and how high are thine expectations! I tremble to think of what trials lie ahead, and I tremble to look at what we have already gone through in this life and what we have gone through in the pre-mortal existence. We know not if we could do now and tomorrow what we could and did then. Nevertheless, we know thou wilt sustain thy servants in the hour of their need. As our days shall demand, so our succor from thee, our constant aid, shall be. Though we may not KNOW that we in our flesh shall conquer this selfsame hour, we can surely BELIEVE.

Note: Surely a pregnant woman needs to be very cautious about guarding her health when it comes to sleep, etc.

Note: regularly resorting to medication and junk food (including soda, caffeinated or not) is a sign of an unsustainable lifestyle, and is not recommended for any substantial stage of life, including college semesters, new-born baby months, or times of extreme poverty, etc. For these seasons of great distress, other more sustainable options are available to those who seek them. If these nutritively empty substances are to be used at all, it is in rare emergency or perhaps rare celebration (though surely we can think of more wholesome ways to celebrate). The seeker of greatest joy & service recognizes that it is best to never use them for either emergency or celebration. Even those who work a graveyard shift or heavy class/work/family load perform better when adopting healthy coping mechanisms. Those who resort to these unhealthy tools will likely soon look back and regret their poor choices as they face years of health issues as a result.

THE NUMBER OF SLEEP HOURS AND THE RESULTS:

This section shows what one can expect based on how many hours of sleep they get, ranging from 11 hours to 0 hours. Refer also to my similar article of compiled quotes and examples from prophets and other inspired individuals on sleep.

11: solution for 0-hour prior night

10: have you no dignity man? / open rebellion

9: there goes your life / probably depressed / complete restoration from a week of clearly diminished rest.

8: ready to do sustained intense focus / born again / easy to be optimistic; must exercise for max alertness. Missionaries sleep this amount (Note: missionaries are young and may need more sleep due to their age of development). Napoleon Bonaparte military genius suggested that for a mature adult to sleep this amount is wasteful.

7: going along just fine / let's do this. No music is required for focused study.

6: I'm going to make it. Constant mental effort required for sustained focus; exercise boosts function if can conjure the motivation to exercise. 2nd episode of exercise mid-day gives equivalent of 1-hour nap. Napoleon Bonaparte military genius suggested this amount of sleep for men of ambition. Music is required for focused study. Comedic relief serves in this phase to boost the immune system and deflect depressive instincts. Jovial social interaction further serves to sustain usefulness in this sleep schedule. Menial tasks which require little to no thought are good to accomplish in this schedule, reserving one's energy/time/prime for the more daunting tasks of designing, calculating, and so forth.

crossing line of chronic health / sustainability; below this point will need nap for max function / economic point of diminishing returns

5: life is pain; only sustainable with spiritual fortification; high risk for depression & bodily temptation; occasional relief from pain when highly distracted; you can perform mentally, but you won't think you can; multiple episodes of physical fitness required to override mental fatigue. 1-hour nap 2/3 through day enhances remaining 3rd to 7-hour-like performance. Increase caloric intake by 400 to compensate strain on body. You can still have normal social interaction in this stage. If very interested in a topic, can carry on as though you had 8 hours of sleep therein, but performing begrudging tasks is most dreadful. It is likely that Dr. Hugh Nibley frequently used this sleep schedule, as he was known to suggest to students that they study until 2 or 3am to perform with excellence in school and lamented that the 'lamps didn't burn' late into the night in BYU dorms. Nibley was famous for being the best in his field and being better than everyone else in their own fields. Participation in an economic society is virtually disabled at this sleep level, particularly meaningful and hearty participation.

4: “why did i do this”; “there is no mercy, no mercy!”; focus on nutrition (esp. vit. C) to avoid eminent sickness; I have a fighting chance of surviving without illness, but I’m not happy about it; must build time into schedule for staring into space and repeatedly pondering the question “why”; increase caloric intake by 700. Avoid stressful situations as to not lose your temper. You’re bent and almost to breaking, potential for “Dr. Jekyll Mr. Hyde syndrome” when encountering unexpected stress, particularly related to interpersonal interactions; “what happened?”; must write morals on palm of hand as they’re no longer in thoughts; this is the final stage of semi-reasonable sleep length. You can perform scheduled tasks, but time in between scheduled tasks is wasted in lament and grimace of pain. You will be easily distracted and use much of your limited fuel in creative rather than administrative tasks. The infamous Joseph Richardson who maintained a 4.0 in high school, always 18 credit semesters in college (still 4.0), and graduate school in computer science and physics (still 4.0), reported a particular semester of graduate school where he had an average of 4 hours of sleep per night, which he reported was most miserable & somewhat maddening, though succeed he did. One key to Joseph’s academic success is that he never allows himself to sleep if there is unfinished homework which is due the next day. It is to be noted that Joseph never used caffeine and had a diet high in milk beans and wheat bread from a young age. Joseph also reports some long-term negative health consequences which he correlates with these and similar times of his life. Generally speaking, it is unwise to expect to perform well academically on such diminished amounts of sleep. I believe Brigham Young was on this average of sleep when doing last minute temple ceremonies before they had to leave in months soon to come. Onset of diarrhea is a key sign that debilitating sickness is eminent, retreat and fortify (although sometimes there are things worse than diarrhea, as evidenced by the courageous battles of George Washington, where he reported diarrhea during battle).



crossing the line of acute health: emergency status

3: sick; onset of an inflamed uvula upon waking indicates severe stress on the immune system. There is a small chance that sickness can be avoided in this schedule with the employment of a series of brief naps throughout the day; exercise decreases health; seek restful moments throughout day whenever possible, deliberate psychoactive self-restraint to decrease stress of constant pain; increase caloric intake by 1500. Social interaction requires full attention / is ineffective. Some temptations are diminished in this stage as extreme exhaustion brings a sense of humility and compassion for humanity which comes with inevitable resignation on account of one's abilities to reach all personal goals. Some things can be maintained with this amount of sleep, such as clocking in and out of work on time, attending mandatory school classes, and completing assigned homework. Small infrequent medication to calm symptoms so as to complete needed social performances are considered, but with awareness of impending liver and other damage to those who medicate casually/frequently. As completion of homework is critical to maintaining a grade point average, the student is justified, as the provider is justified in making sufficient money to pay bills at this sleep level, in temporary heroic sprints in this phase to complete needed tasks. Time is such that some days are more important than others, and if you have only 3 hours of sleep to meet demands of the more crucial days, compensation/health reconciliation must be completed. Note: emergency status can often be avoided with good planning, which evades the need of procrastinated workloads.

2: 5th dimension Leonardo Da Vinci / polyphasic sleep; sick, but not bedridden sick if execute naps

1: forestall impending doom. Insufficient naps; Increase caloric intake by 2000.

0: kamikaze. Timebomb. One becomes not only sick, but useless. However, if only employed once or twice a month and other days have a healthy amount of rest, including small repair in the aftermath, this schedule can be tolerated.

POLYPHASIC SLEEP:

Polyphasic sleep is sleeping in small increments rather than long periods. This is a questionable practice. However one thing is for certain – we should rise early, and take power naps as needed. President Spencer W. Kimball was known for this. He



would take 15 minute power naps and be ready to go.

Apparently Di Vinci and others have used this method, and retained their genius, and perhaps used it to develop their genius.

(Going on 1-4 hours of sleep per day, with periodic 25 minute naps (a few per day).)

REM sleep happens in the 25 minute range, so the 25 min. naps provide quality sleep which eventually feels like hours of rest.

The first few weeks are hard but then you get used to it.

Several renown thinkers purportedly did this.

It's supposed to not only give more time, but more health and energy including weight loss.

Caution: this is not sustainable for most people. I have seen people who have done something similar to this develop serious health issues. Use extreme caution with this method. Maintain high nutritional excellence, etc.

Ways to Stay Awake on Graveyard Shift:

(In a somewhat healthy way; staying up all night is inherently unhealthy, but sometimes required to provide for a family while going to school, etc.)

Stretching! Become a master of flexibility, you've got nothing but time. Can read in stretch positions too. Get a book on flexibility or print stuff to try lots of different stretches.

Avoid time fillers like video games and junk food.

Classic narrative and otherwise compelling literature.

Paperwhite kindle

Mp3 player

Phone with usb otg (for reading editing files and playing music and video)

Draw/paint landscapes.

Sculpt with clay, then bring home creations to cook into permanence.

Plenty of protein so not Hungary; low carbs so not tired

Hacky

'desk cycle' seated portable foot bike

Dumbbells

Flex cords

Gum, sun seeds

Dandelion 'tea' energizes

Reading with a purpose: to complete books; minimal highlighting, speed read
Minipiano with headphone jack, and bud headphones so not bulky, and printed
'tabs'

Electric Acoustic guitar with headphone jack so as to play without noise.

Other instruments that can plug in headphones

Free weight workouts: squat, jj, su, pu, jump, 'dry' ollie (squat, jump up, tuck,
land in squat)

Look sharp so you feel sharp, it's energizing.

Journal freewriting. Spill ideas onto a page. Could write stories to tell the
children too.

Construction books with lots of pics, its an active subject

Math; it's an active participation thing.

Look at books on sport technique; an active subject.

Print out articles and edit them with red pen to later electronically update. Have a
keyboard to type plugged into the phone where possible if computer not
available.

Pomegranates: takes long time to peel, lots of little rewards.

Bring ice for your feet

Lotion hands and feet; this relieves pain/irritation so you can focus on other
things

IBU Tylenol something so you can happily do something without focus on pain
(will kill the liver & intestines if used too much)

Nuts, seeds

Healthy non-violent puzzle-based games in moderation.

[Scheduled Sleep Routine Sketch](#)

On this subject, one might refer to the book (series) "The Morning Miracle". The
book suggests that our mindset has much to do with it. That if we anticipate a
poor sleep and bad day, thus it will be. And that if we anticipate a good sleep,
even when not many hours, it will be good.

Before going to bed:

-prayer and journal and write in planner/phone stuff for tomorrow's doings

-phone charge in other room, use actual alarm clock. Helps avoid social media etc.

-set alarm for 6(?) hours after time of going to bed; while caring for infant, may set for 7(?) hours, since plan on an hour of tending baby; when under the gun in school etc., set for 4 hours (I know of straight A students who have proven that optimal brain function & health aren't required for academic success; one in particular reported an entire semester of 4 hours of sleep on average. His health suffered, but he achieved his goal.)

Getting out of bed:

-not hit snooze lest you get into another sleep cycle; countdown from 5, and get up. If you don't like waking up, why do it twice?

-use cold therapy to shock your brain into alertness via cold shower

-fitness for a set time or distance

-scripture study for a set time.

Don't procrastinate these things for later in the day: later in the day is when you need to be getting deadline type things done. These things will launch the day effectively. Without these things, the rest of the day can easily astray.

Review the planner list of stuff to do throughout the day, perhaps at set times

Cease to Sleep Longer than is Needful: Courage of Prophets & Sages

This is a shirt one of my kids was wearing, I thought it was quite good:

Benjamin Franklin famously wrote "early to bed early to rise makes a man healthy wealthy and wise"
Franklin would sometimes work very late into the night and show up quite late to work, but he got tons done in those late nights.



Dr. Kent Hovind spoke some 800 times in one year he says it's better to burn out than to rust out and a lot of Christians are rusting out

Cleon skousen in his book of Mormon class said spiritual rebirth is the best alarm clock.

He also says put ammonia under your nose when you need to stay up to get work done

Brigham Young said the man who honors his priesthood will be exhausted and that he wants us to wear out our lives for the gospel cause

Isaac Newton: “Truth is the offspring of silence and unbroken meditation. I keep the subject constantly before me and wait 'til the first dawns open slowly, by little and little, into a full and clear light.”

When in the throngs of important research, he ate and slept little. Once he went without sleep for 5 days (though it resulted in a mental breakdown).

Cleon Skousen would stay up till 4 to get what the Lord wants you to do done. Assignment from apostles while aware of his many duties . From fave speeches vol 2 on Constitution and prophecy



Chemist accountant Antoine Lavoisier spent 3 hours in his chemistry lab before going to work as an accountant each day, then returned to work in his lab after work.

Brigham Young 4 hours of sleep on average per night only going home one day a week and they were getting Temple work in the Navoo temple before they had to leave.

“President David O. McKay was inclined to awaken at 4:00 a.m., skim read up to two books each day, and then commence his labors at 6:00 a.m. He

could quote 1,000 poems from memory...He referred to the grand masters of literature as the “minor prophets.”” (Your Refined Heavenly Home by Douglas L. Callister, A BYU speech given September 19, 2006, <https://speeches.byu.edu/talks/douglas-l-callister/refined-heavenly-home/>)

-Gerald Lund in his book on hope relates that he had a habit of snoozing the alarm for years. He tried to wake early to study the gospel, but without success. Eventually he prayed for help and began to wake a minute before his alarm, feeling refreshed. He got better at this and went from success a few days a week to eventually everyday, and didn't even need to set an alarm anymore.



-Joseph Smith – The Lord comforts us by means of our dreams, even when they don't make sense. (Note: It's also been said by modern psychologists that dreaming is critical to our mental health.)

-Reportedly Hugh Nibley said he would rather get up at later and write good books than get up at 6am and write bad books. This shows how and when you sleep isn't really the key to success, it's just a minor and negotiable component which can't be enlarged more than other more crucial components. There appears to be seasons of rest, seasons of little rest, etc., depending on the dictation of the Holy Ghost, our spiritual attunement to recognize that dictation, and our moral courage to answer the promptings of the Holy Ghost, as we tread the path toward become holy ourselves. He that is commanded in all things is not a slothful and not a wise servant the revelation says.

-“Give me that mountain to climb” said President Kimball. President Kimball and his wife were sick with a very high temperature fever, he was nevertheless the first ready in the morning, and went to all his meetings that day, and looked to the needs of others throughout the day. Though his various cancers and other serious Job-like health trials, we have never heard him complain. President Kimball didn't expect those around

him to keep up with him and work at his pace. He did expect people to do their best. He had a sign on his desk that said, “do it”. They couldn’t get President Kimball to rest before the long series of meetings of the day. He said that if they knew what he did, they would understand why he did what he did. There were gaps in the schedule, President Kimball pointed out the gaps and asked Elder Hales “what are these? Why am I not attending meetings in these times?” Elder Hales said “those are rest periods.” President Kimball said, “Are you tired, Elder Hales?” Elder Hales would express his **concern to his companions about the health of President Kimball considering how he could get Kimball to rest, his companions said, “you can try”**. When others would try to help him rest, he would tell them, **“I know you’re trying to save me, but I don’t want to be saved, I want to be exalted.”** (“Examples from the Life of a Prophet” by Elder

Robert D Hales, about President Spencer W Kimball, Gen. Conf. Oct. 1981)



-Joseph Fielding Smith **all his life was up by 6am and in his office by 8am.** (see book ‘In the Company of Prophets by D. Arthur Haycock)

– Spencer W Kimball didn’t sleep much. If working hard could make up for his inadequacies he would. So he slept only a few

hours each night and became a master of sneaking away every now and then for a **15-minute cat nap, then was back in action. At 2am the lights were often still on the Spencer Kimball home.** He would be writing in his journal responding to letters and thanking them for any bit of faith they had in such letters. In his journals he not only wrote of the things of the day, but he opened his heart. There are **33 black binders of these journals** he kept. He said that **in journals don’t put your sins in neon but write you have weaknesses and quickly get on to the good stuff, to the inspired.** (see Truman G Madsen book on the Presidents of the church)

-“When I served with President Kimball, I never worked so hard in my life.” (see book ‘In the Company of Prophets by D. Arthur Haycock pg. 90)

-“I have learned that the best time to wrestle with major problems is early in the morning. Your mind is fresh and alert. The blackboard of your mind has been erased by a good night’s rest. The accumulated distractions of the day are not in

your way. Your body has been rested also. That's the time to think something through very carefully and to receive personal revelation. I've heard President Harold B. Lee begin many a statement about matters involving revelation with an expression something like this: "In the early hours of the morning, while I was pondering upon the subject," and so on. He made it a practice to work on the problems that required revelation in the fresh, alert hours of the early morning... I counsel our children to do their critical studying in the early hours of the morning when they're fresh and alert, rather than to fight the physical weariness and mental exhaustion at night. I've learned that the dictum "Early to bed, early to rise" is powerful. When under pressure—for instance, when I was preparing this talk—**you wouldn't find me burning the midnight oil. Much rather I'd be early to bed and getting up in the wee hours of the morning, when I could be close to Him who guides this work.**" (Elder Boyd K. Packer, 1975 BYU Devotional "Self Reliance", https://speeches.byu.edu/talks/boyd-k-packer_self-reliance/)

-Brigham Young said the man who honors their Priesthood will be exhausted. (Hugh Nibly, BofM/PoGP class referenced)

-Brigham Young said he felt his bones in him would consume lest he preached the gospel once he had found it, and left all temporal things so to do. He said he is not bound back by wife and child or nothing, but is living for the gospel. He said "I want you to ware your selves out (for the gospel cause)." (Hugh Nibly, BofM/PoGP class referenced)

-Elder Jeffrey R Holland said missionaries (etc.) collapse into bed at the end of the day "delightfully exhausted"

-"Eight hours work, eight hours sleep, and eight hours recreation – Brigham Young" (Susa Young Gates and Leah D. Widtsoe, The Life Story of Brigham Young (1931), 251)(also referenced in Ensign 2003 A Rock-Solid Foundation for Marriage By Brent A. Barlow <https://www.lds.org/ensign/2003/06/a-rock-solid-foundation-for-marriage?lang=eng>)

-"it is harder for the Spirit to shine in and through our physical bodies when we are dozy and dull from foolishly going to bed at 1:30 A.M. or 2:30 A.M. or later night after night after night (see D&C 88:124)." (By Elder David A. Bednar Area Authority Seventy From a devotional address given at Ricks College on 11

January 2000. Published also in the Ensign, September 2001 see

<https://www.lds.org/ensign/2001/09/ye-are-the-temple-of-god?lang=eng>)

-Pres. McKay read 4-5 books a week. He would only sleep 4 hrs. per night, bed at 12am up at 4am

-President Boyd K Packer said that when he has a large project that must be done, rather than staying up late to do it, he will rise early to do it. He says he prefers this method so that he can do the task “with the Lord”.

-When I took classes from BYU Biblical Hebrew professor and prolific author Dr. Donald Parry, he would sometimes speak to us of how he would at times wake very early, sometimes even at 2am, he would pray for the Lord to let him rest a little more, and the answer would come that no, it’s time to get up and get to work.

-Cleon Skousen was asked a project by the First Presidency, they knew he had what today is 5 full time jobs; he to complete the assignment had to stay up till 4 or 5 AM some days.

-Brigham Young would only get 4 hours of sleep when he was involved in a great project temple work etc.

-one BYU News recent study shows students with 7 hours of sleep do better than those who get 9 hours of sleep.

-Holy Ghost be your guide

-Joseph Fielding Smith thought it immoral to be in bed past 6am

-Brigham Young said don’t use stimulants to stay awake. President Russel M Nelson has echoed this council.

-Missionaries get 8 hours

-Joseph Worthlin got up early to have 2 hours of gospel study each morning

-Pres. Kimball would oft. go home after work then go back to work after that to finish things when things were not done

-Julie Preece, the student management professor of BYU, says stay at work till work done then go home

-Pres. Monson says burn the midnight oil to get good grades

-Professor of Greek at BYU Steven Bay says go off only 5 hours sleep if it means getting your studying in

-a founding father / French revolutionist said those who want to make revolution can only sleep in their grave

-at times Pres. Eyring prays all night

-President Russel M Nelson has urged us to not use harmful stimulants.

-Jesus rose before others in the morning to go pray

-Jesus and other prophets have gone without food for 40 days and still been able to learn much in that time

-Jesus prayed all night when trying to choose which to call as the 12 Apostles

-Pres. George Albert Smith would rise at 3 am to go help a poor bum not commit suicide

-recent Gen. Conf. Elder Scott said get a reasonable amount of sleep

-recent Gen. Conf. Elder Holland said we must pay for health if not now then later

-Oath and Covenant of the Priesthood involves a renewal of the flesh

-The Holy Ghost quickens and strengthens all things in your body

-The D&C teaches that we are expected to follow the righteous desires of our hearts and do much good of our own will

-Napoleon Bonaparte was asked how many hours sleep people need, he is said to have replied: “Six for a man, seven for a woman, eight for a fool.” <https://www.bbc.com/news/magazine-22084671>

-The prolific inventor Thomas Edison slept **three** or **four hours** at night, regarding sleep as a waste of time, “a heritage from our cave days.” <http://www.nytimes.com/books/first/m/maas-sleep.html?scp=63&sq=sleep&st=Search>

-there are many sources which suggest that Einstein, Tesla, Leo Da Vinci and many other past century geniuses did sleep for only a few hours per day or they took several naps of few minutes each, per day. <https://www.quora.com/Did-Einstein-sleep-for-three-hours-a-year>



-Leonardo da Vinci’s sleep schedule included 20-minute naps every four hours. **Da Vinci** followed an extreme form of a **polyphasic sleep** schedule called the **Uberman sleep** cycle, which consists of 20-minute naps every four hours. <https://www.independent.co.uk/news/people/14-bizarre-sleeping-habits-of-super-successful-people-a7002076.html>

-Every day at 5 p.m., the prime minister would drink a weak whiskey and soda before taking a two-hour nap. Churchill said this short “siesta” allowed him to get 1 1/2 days’ worth of work done every 24 hours. Churchill would often work through the night and became known as quite the night owl. Because of his irregular sleep schedule, he was said to hold War Cabinet meetings in his bath. <https://www.independent.co.uk/news/people/14-bizarre-sleeping-habits-of-super-successful-people-a7002076.html>

-The 19th-century novelist and poet Emily Bronte suffered from insomnia, and she would walk around her dining room table until she felt tired enough to fall asleep. <https://www.independent.co.uk/news/people/14-bizarre-sleeping-habits-of-super-successful-people-a7002076.html>

-Inventor Nikola Tesla got more out of the day with his limited sleep schedule. Like Da Vinci, Tesla also followed the Uberman sleep cycle and claimed to never sleep for more than two hours a day. He once reportedly worked for 84 hours straight in a lab without any rest. "I do not think there is any thrill that can go through the human heart like that felt by the inventor as he sees some creation of the brain unfolding to success ... Such emotions make a man forget food, sleep, friends, love, everything," he said.

<https://www.independent.co.uk/news/people/14-bizarre-sleeping-habits-of-super-successful-people-a7002076.html>

-I have a sibling who maintained heavy credit hours in heavy subject matter with a 4.0 throughout high school, college, and graduate school. At least 1 semester he reported to sleep 4 hours a night on average. I asked him, "you have a legendary semester when you slept 4 hours on average. What are some things you did during that time to not go crazy and stay focused? I know you don't use caffeine (which actually disables focus and endurance etc.)" His response, "If by "legendary" you mean horrible... The best advice is don't do it. My health/habits are still wrecked from it. Who says I didn't go crazy? Who says I successfully focused? And any time I could, I slept. 4 hrs. just isn't enough sleep. I don't think I have any pointers on how to make it less miserable, since it was making me pretty miserable. And it definitely can't be done very long term." He also reported that you can do anything you put your mind to.

-researchers are now questioning whether it's bad to have more or less than 8 hours of sleep (see medical lies article from Ioannidis found by Ann Tracy)

-age plays a factor in amount needed

-Some monks or something get average of 2 or 3 hours for have trained their bodies such

-anatomic clock

-can anatomic clock be trained?

-have goals and go by their completion rather than a clock

-nurse Marguerite Richardson said eat healthy no sugars if want power to stay awake longer

-paleo diet people in ancient bible lived much longer than we do .

-economist Harold Douglas Morris says with sleep/late nights, that there comes a point of diminishing returns. AKA eventually getting less sleep does more harm than good.

-Dr. Hugh Nibley says to stay up until 2am doing studies, and laments how the lights don't burn late at BYU. Nibley speaks of taking school more seriously. President Dallin H Oaks, Elder Neil A Maxwell, and others have spoken very highly of Hugh Nibley.

-When I took Biblical Hebrew classes from Dr. Stephen Ricks at BYU, he reported that he studied long and hard when in school, and that as a professor, he planned to remain teaching until he drooled. He and Dr. Donald Parry, another BYU Hebrew Professor, reportedly have a little game of who gets to campus earliest. They are usually there by 6am at the latest.

-Joseph Smith says ware out your lives in bringing hidden things to light

-LDS hymn more holiness give me says 'more USED would I be'

-Joseph R. says don't go to sleep until your homework due the following day is done

-President Packer says when he has a big project to do he goes to bed early and wakes up early to do it so he can be with the Lord

-the scripture says early to bed early to rise and cease to sleep longer than is NEEDFUL.

-varying circumstances probably alter what should be done

-if you feel bad continually about your current pattern, go get another one.

-we must work out our salvation, and do so until we feel that the Lord is satisfied with our efforts (and we find that out from the Lord by scripture study and especially prayer). Until then, it's hand to the plow.

-it's reported that the 12 Apostles work harder than anyone, why should this be? Indeed, they have instructed that we ought not wait for some big calling to come to us to give our all-in service

-the latter-day saints are long known for their industry

-Pres. Kimball went through many health trials, perhaps from wearing himself out, and this shows life is more than meat; that truly there are more important things to accomplish

-do the commandments like caring to the poor despite all.

-Elder Scott in a recent Conf. Report (2013?) Said that scripture study is more important than sleep

-use the opportunities only available to an American

-less than 8 hours of sleep can, for a young person, cause them to not retain what they were learning the day prior; (but one may have duties to do, and not need remember everything.)

-having constant headaches could be very bad for the health

-men are responsible for providing for their family, preaching the gospel, giving their family a nice home, fixing it up, etc.

-Pathophysiology professor Mary Cook wakes up at 4am each day, and doesn't respond to late night or late evening emails.

-Alzheimers is related to the toxins that build up in the brain from not getting sleep. But perhaps its more tied to foods eaten.

-Song: "I could have danced all night" from "My Fair Lady"

EITHER WAY,
SOME THINGS ARE SIMPLY MORE IMPORTANT THAN IDEAL HEALTH
AND COMFORT!

Thomas Edison & Sleep

"Sleep was a scarce article in those days" said Edison

His idea of a good time was a night in the laboratory.

He took naps on the floor in his suit.

He had a cot in the back of his lab for cat naps.

Routinely put in 80 hour weeks at the lab.

In his 60s everything burned, but he started over.

At times they would spend all night experimenting, and sleep till noon the next day.

-“You can often gauge a man’s ambition by whether he hates his alarm clock or considers it his best friend.” Thomas Edison

-“Dilligence is the mother of good fortune, and God gives abundantly to industry. So ply deep while the sluggards sleep, and you shall have corn to sell and to keep.” Benjamin Franklin

-“I am wondering what would have happened to me if some fluent talker had converted me to the theory of the eight-hour day and convinced me that it was not fair to my fellow workers to put forth my best efforts in my work... If my life had been made up of eight-hour days I do not believe I could have accomplished a great deal.” Thomas Edison

-“Don’t be fooled by the calendar. There are only as many days in the year as you make use of. One man gets only a week’s value out of a year, while another gets a full year’s value out of a week.” Charles Richards

Thomas Edison kept records on how many hours he would spend IN A ROW on a project, and he would try to beat his last record.

-“A man who is young in age may still be old and experienced, if he has lost no time.” Sir Francis Bacon

“When we do upon some great occasion will probably depend on what we already are; and what we are will be the result of previous years of self-discipline.” Henry Louis Liddon

It was said that Edison used the words "work" and "working" the way that others used the words "prayer" and "religion".

[The Debate Finisher on Sleep from D&C 123](#)

D&C says go to bed early and wake early, but what are the specifics?

Another D&C 123:12-17 says we are to wear out our lives in uncovering truth:

“12 For there are many yet on the earth among all sects, parties, and denominations, who are blinded by the subtle craftiness of men, whereby they lie in wait to deceive, and who are only kept from the truth because they know not where to find it—

13 Therefore, that we should waste and wear out our lives in bringing to light all the hidden things of darkness, wherein we know them; and they are truly manifest from heaven—

14 These should then be attended to with great earnestness.

15 Let no man count them as small things; for there is much which lieth in futurity, pertaining to the saints, which depends upon these things.

16 You know, brethren, that a very large ship is benefited very much by a very small helm in the time of a storm, by being kept workways with the wind and the waves.

17 Therefore, dearly beloved brethren, let us cheerfully do all things that lie in our power; and then may we stand still, with the utmost assurance, to see the salvation of God, and for his arm to be revealed.”

This is the key! We are to exhaust ourselves in this intense focus on finding & sharing truth!

Surely this verse implies that as we “don’t run faster than we have strength”, we must check ourselves, and see what we are really made of. So much of our “tiredness” is psychological, and we must learn to push through.

Food is Overrated

From a movie about telephone inventor Alexander Gram Bell, "We will starve!" Bell's assistant said. Bell replies, "Maybe you will, but not me. Not yet. Not until I have made the telephone!" These men had very little money, yet they plugged on at the work. He couldn't even afford paper. He scrimped and sold what he had for a quarter here and a quarter there to get parts he needed for his experiments. They often lived off of cheese and apples.

In a Hebrew class, professor Stephen Ricks told us of a journey he was on in a foreign land. He had enough money to get a meal as he had not eaten in a considerable time, or to purchase a rare dictionary to donate to the BYU library. Ricks said "I had the choice to eat or get the dictionary and starve. I starved." It was a glorious moment when this take was told! Bravo professor! He went on to the local mission home and there begged for food.

Hugh Nibley spent weeks in his apartment living off of carrots and milk while writing his master thesis (or something like that), not coming out at all.

