



daily GOOD

Sleep that knits up the ravelled sleeve of care
The death of each day's life, sore labour's bath
Balm of hurt minds, great nature's second course,
Chief nourisher in life's feast. --William Shakespeare

How Much Sleep Do We Need?

"An amazing paradox exists in our educational system. We have learned that the consequences of pervasive sleep deprivation and undiagnosed sleep disorders are collectively one of our nation's biggest and most serious problems. Falling asleep at the wheel and in other hazardous situations is a leading cause of death and disability. [...] The paradox is that our society remains a vast reservoir of ignorance about sleep deprivation and sleep disorders." How much sleep do we need? What is sleep debt? What causes us to feel sleepy? What is the biological clock? What does it do for us? In this article written for Stanford students, Dr. William Dement, a Stanford Professor and leading authority on sleep, shares his insights on these questions.

Be The Change:

Try some of the tricks Dr. Dement shares for sleeping well.