

Sleep

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Let's start with a personality quiz...

Source: "Night School" - Richard Wiseman, 2014

1) If you were free to plan your evening, and had no commitments the next day, what time would you choose to go to bed?

1. Before 21.00

2. 21.00 - 22.30

3. 22.30 - 00.00

4. 00.00 - 01.30

5. After 1.30

2) If you were free to plan your day, what time would choose to get up?

1. Before 06.30

2. 06.30 - 08.00

3. 08.00 - 09.30

4. 09.300 - 11.00

5. After 11.00

3) In general, do you find it easy to get up in the morning?

1. Definitely yes

2. Yes

3. Uncertain

4. No

5. Definitely no

4) Imagine that you have to do two hours of physically hard work. If you were entirely free to plan your day, in which of the following periods would you choose to do the work?

1. 08.00 - 11.00

2. 11.00 - 13.00

3. 13.00 - 15.00

4. 15.00 - 17.00

5. 17.00 - 19.00

Results...

- a

Your Chronotype

4 - 6

**Strong
lark**



7 - 10

**Moderate
lark**

11 - 13

**Neither
owl nor
lark**

14 - 17

**Moderate
owl**

18 - 20

**Strong
owl**



What does your chronotype say about your personality?

Larks:

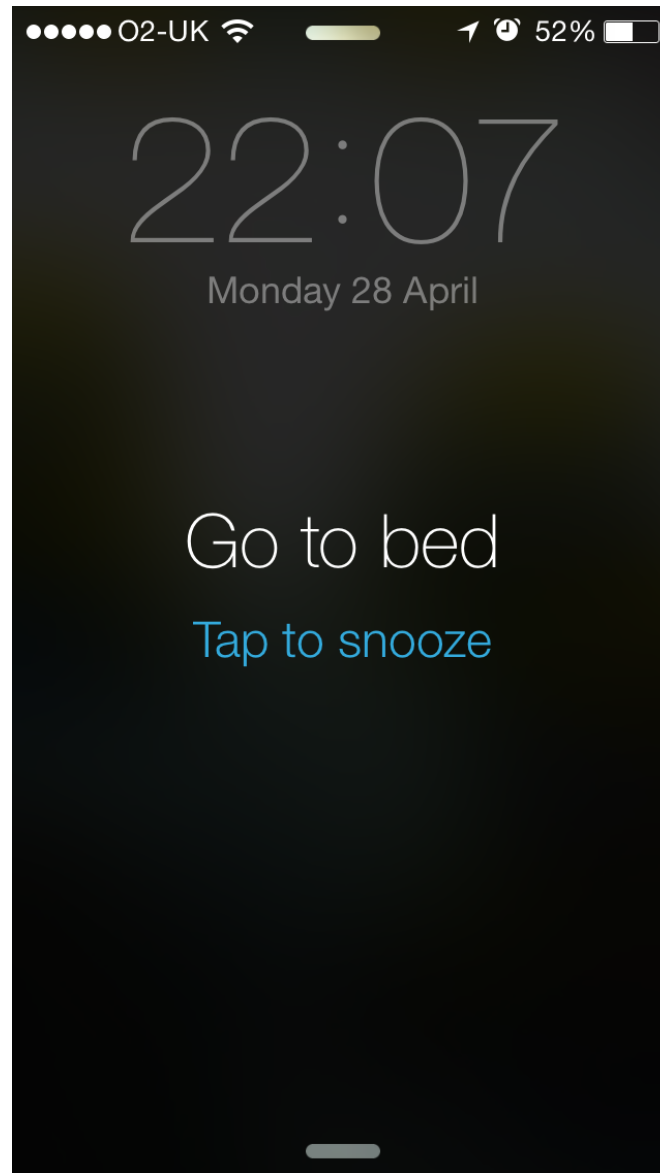
- introverted, logical, and reliable
- get higher grades

Owls:

- extroverted, emotionally stable, hedonistic, and creative
- more likely to be obese
- average of four times as many partners during lifetime

...so what about my sleep-improving habits?

1. Go to bed alarm



2. Melatonin

- Mammalian sleep hormone
- Strong evidence that everyone in the Western world has much lower levels of it
- 1.5mg nightly, at 10pm when alarm goes

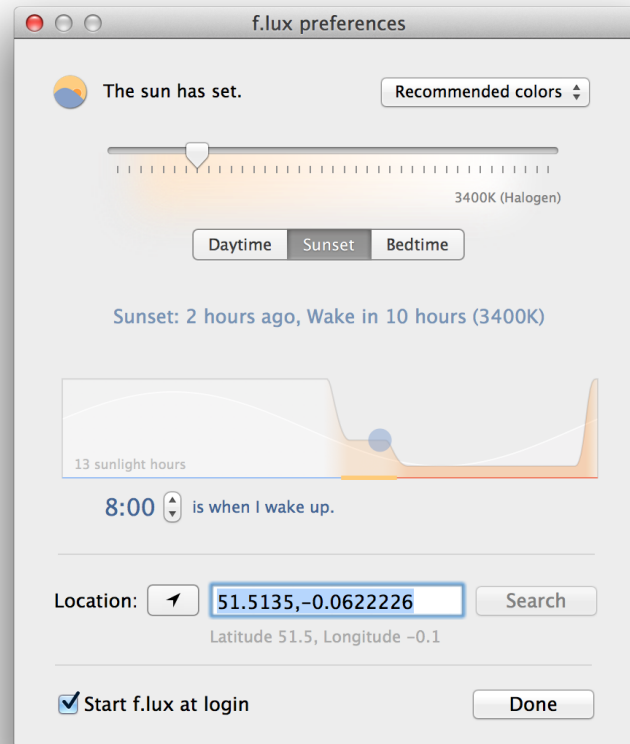
Ref: <http://www.gwern.net/Melatonin>

3. Yellow Glasses



- Not stylish, but they work

4. F.lux



- <https://justgetflux.com/>

5. Napping

- Really good for learning...

5. Napping

“Practice is often believed to be the only determinate of improvement. Although repeatedly performing a new task often results in learning benefits, leading to the adage “practice makes perfect,” a collection of studies over the past decade has begun to change this concept. Instead, these reports suggest that after initial training, the human brain continues to learn in the absence of further practice, and that this delayed improvement develops during sleep.”

Source: “Its Practice, with Sleep, That Makes Perfect: Implications of Sleep-Dependent Learning and Plasticity for Skill Performance” - Walker and Stickgold, 2005

5. Napping

“At 2 p.m., the nap group took a 90-minute siesta while the no-nap group stayed awake. Later that day, at 6 p.m., participants performed a new round of learning exercises. Those who remained awake throughout the day became worse at learning. In contrast, those who napped did markedly better and actually improved in their capacity to learn.”

Source: “An afternoon nap markedly boosts the brains learning capacity” - https://newscenter.berkeley.edu/2010/02/22/naps_boost_learning_capacity/

5. Napping

“These findings suggest that the 10-minute nap was overall the most effective afternoon nap duration of the nap lengths examined in this study.”

Source: “A Brief Afternoon Nap Following Nocturnal Sleep Restriction: Which Nap Duration is Most Recuperative?” - Brooks and Lack, 2006

Thanks!

The Oatmeal

<http://theoatmeal.com>

