

sleep



Hillel

@hillelogram

Following

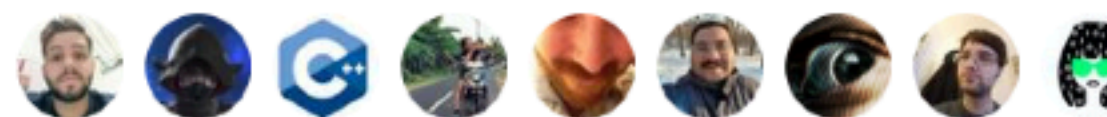


One of my most controversial software opinions is that your sleep quality and stress level matter far, far more than the languages you use or the practices you follow. Nothing else comes close: not type systems, not TDD, not formal methods, not ANYTHING.

Allow me to explain why.

11:10 PM - 20 Apr 2019

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106



3.3K



7.5K

