
Getting Enough Sleep

Remember this sentence from the book? *“Do as I say, not as I do.”*?

I’m guilty of undersleeping as much as any average person.

My past choices and obligations have chained me to my day job, and it eats a huge chunk of each weekday.

When you add to my mix a family of five, a church community and my side hustle (writing and publishing), it’s amazing I sleep at all. But every use of time is a choice. Clearly, and it’s a big mistake, I don’t consider my sleep need is a ‘must happen’ priority.

I should sleep 7.5 hours each night, maybe even as long as eight hours. When I wake up after 7.5-8 hours of uninterrupted sleep, I can function the whole day, sometimes even without a single nap.

It’s quite possible that my sleeping sweet-spot is even higher. Various sleep researchers have found that adults need between 7 to 9 hours and a century ago adult Americans slept 9 hours a night on average.

However, my schedule is full. I can’t test my sleep pattern. It’s unusual for me to sleep more than 7 hours two days in a row.

On the few occasions I’ve slept for more than 8 hours, I didn’t feel additionally refreshed, but those isolated experiments aren’t decisive.

As I track my activities, I know I only get about 6 hours of sleep on workdays. After I got sick in July 2013, I decided to record my sleep. Thus I’m always aware how much - how little - sleep I’ve had on any particular day. Hence, I’m willing to make trade-offs: I’ll nap on a train instead of using the time to write; I’ll postpone work on a book to the next day, so I can nap in the afternoon, etc.

I strive to add as many naps - long ones if necessary - to get at least 6 hours of sleep a day. So if I sleep 5 hours during the night, I’ll try to find opportunities to nap at least an hour more during the day.

In August 2015 I changed jobs. My new employer prefers I keep a regular 9 to 5 schedule. As a consequence, I get home later, so I go to sleep later ... and I sleep less.

About three months ago, I started another tracking activity: I note down what time I went to bed the previous day.

Yes, I admit I have a problem.

I don’t get enough sleep to function optimally. Hopefully with time, I will figure out how to solve it.

If your schedule is less crazy, I strongly recommend you test how many hours of sleep works best for you.

BULLETPROOF HEALTH AND FITNESS

YOUR SECRET KEY TO HIGH ACHIEVEMENT

My Current Solution is Not Optimum:

I know I would do better at most of my activities, if I got the sleep I know I need.

But other things have more priority, for now.

I compensate by:

- **tracking the amount** of sleep I get on a daily basis
- filling my ‘sleep schedule’ with **naps**
- **tracking my bedtime**

My Suggestions for You:

If you can, test!

Find your ‘sweet-spot’ of uninterrupted sleep.

- **Make a plan** to get the sleep you decide you need.
- **Keep an eye on it.** Track the hours you sleep, or the time you go to bed, so you get the sleep you want.

‘Do it Now! If you don’t, there will be no results tomorrow.’

MICHAL STAWICKI