



## References Sleep



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### Famous insomniacs.

1. Jay Leno – four hours  
“He subsists on four hours’ sleep per night. Out of fifty-two weeks, he gets four weeks off, during which time he is miserable. “I hate those weeks off,” he tells me. “To me, a week’s vacation just means you’re now a week behind.”

2. Madonna – four hours  
“Madonna has revealed she only grabs four hours’ sleep a night because she constantly worries about everything that is going on her life.”  
[http://news.bbc.co.uk/1/hi/english/entertainment/music/newsid\\_1420000/1420364.stm](http://news.bbc.co.uk/1/hi/english/entertainment/music/newsid_1420000/1420364.stm)

3. Florence Nightingale – four hours  
“Florence Nightingale only slept four hours a night”  
<http://www.soyouwanna.com/site/syws/insomnia/insomnia.html>

4. Anton Ballard – four hours  
“Ballard keeps pushing himself to get better. He averages around four hours of sleep per night, and works about 12 hours each day between his meat counter and his studio.”

5. Michelangelo – four hours  
“Both aboriginal peoples and highly

creative people (such as Thomas Edison and Michelangelo) rarely sleep for more than four hours at a time.”  
[http://www.susunweed.com/Article/Anthrax\\_Interview.htm](http://www.susunweed.com/Article/Anthrax_Interview.htm)

6. Napoleon Bonaparte – four hours  
“Napoleon Bonaparte learned to live with the fact that he was only existing on three or four hours sleep a night and got on with his grand schemes.”  
<http://www.bbc.co.uk/dna/h2g2/alabaster/A294031>

7. Bill Clinton – five to six hours  
“President Clinton grabs 5-6 hours”  
<http://www.powersleep.org/sleepmatters.htm>

8. Winston Churchill – six hours  
“It was claimed he only spent 6 hours in bed every night. However, he wrote that one needs to take a complete nap every afternoon, to get fully undressed and really go to bed. No “halfway measures”. He claimed the reward was to “get two days in one - well, at least one and a half, I’m sure.” He claimed this nap was absolutely necessary to cope with his responsibilities during the war. His naps were 1.5 to 2 hours long, for a total of about 8 hours a day!”  
<http://www.mysleepcenter.com/FamousSleepers.html>

9. Nikola Tesla – two hours  
“He is said, by some of his followers, to only have slept 2 hours a day. He was definitely a night owl. But his staff has told of him taking many naps during the day. And it seems he may have been narcoleptic, and able to sleep with his eyes open.”  
<http://www.mysleepcenter.com/FamousSleepers.html>

10. Leonardo Da Vinci – 15 mins every four hours (ie. 1.5 hours)

“It was said that he would sleep just 15 minutes of every four hours.”  
<http://www.mysleepcenter.com/FamousSleepers.html>

11. Margaret Thatcher – four hours  
“Margaret Thatcher, the former prime minister, was famous for getting by on only four hours a night.”  
<http://www.theherald.co.uk/news/archive/15-2-19102-0-37-6.html>

12. Martha Stewart – four hours  
““There’s not enough time in the day,” complains the woman who says she needs no more than four hours’ sleep a night.”  
<http://www.hellomagazine.com/profiles/marthastewart/>

13. Thomas Edison – four hours  
“Thomas Edison slept 3-4 hours at night, regarding sleep as a waste of time”  
<http://www.powersleep.org/sleepmatters.htm>

### Lyndon Johnson’s habits (archived from the LBJ library, Austin, Tx)

[www.lbjlib.utexas.edu/johnson/archives.hom/oralhistory.hom/cater/catero4.pdf](http://www.lbjlib.utexas.edu/johnson/archives.hom/oralhistory.hom/cater/catero4.pdf)

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Effects of sleep loss on sustained cognitive performance during a command and control simulation.  
*Behav Res Methods Instrum Comput* 17:55-67

### **Average sleep in the U.S.**

1999 Omnibus Sleep in America Poll  
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*Psychology: Frontiers and Applications*

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### **Linkage of 4 – 5 hrs sleep deprivation to 48 hours total deprivation**

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Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night.  
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Benoit O *et al* (1980)  
Habitual sleep length and patterns of recovery sleep after 24 hour and 36 hour sleep deprivation.  
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Impact of sleep debt on metabolic and endocrine function  
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Sleep deprivation, psychosis and mental efficiency  
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*Crew Factors in Flight Operations IX: Effects of Planned Cockpit Rest on Crew Performance and Alertness in Long-Haul Operations*. NASA Technical Memorandum 108839. Moffett Field, CA: NASA Ames Research Center

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### **Autistic savant**

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*Neuron* 29: 149 ñ 156

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