

Master: You don't have to force yourself. If you practice hard and remove the worldly information you have stored in yourself, you will gradually be able to do with less sleep. A: I see.

Master: On the contrary, if you keep affirming long hours of sleep; if you keep thinking: "My head does not become clear unless I sleep for six hours a day," or "I am not able to function with a little sleep," you will never be able to free yourself from the chain of rebirth. You should practice and purify your mind. By doing so, your sleep will automatically become less.

In like manner "You mean, because of stable security? (*chian ga ii*)" he was asked by another guest (Konya Fumiko). "Yes, you are right. Because it is a safe country." When Konya was asked whether she'd herself did practice *inemuri*, she said no and revealed that it is not public security, which hinders her to sleep. "I feel insecure about my body's appearance during sleep ... Since my childhood I sleep with my mouth open.

To be sure the best-known example worldwide are the members of the diet. An often given explanation is, that at conferences - before all the National Diet sessions - everything is decided in advance

Furthermore, under these circumstances "to sleep in a bed was like owning a Cadillac. The bed never sprouted roots, and remained a curiosity and extravaganza." Among newly wed couples it is the fashion to

finally breed so-called "sleep-gene knock-out mice" without such genes speculating on whether they will die, get crazy or develop new mechanisms in order to survive without sleep

As a result work and leisure for employees increased. More people take Saturdays off. This leads to more work until late at night during the week, and retiring to bed gets later. The reason

once again with the fear of earthquakes and fires the Japanese house never received the kind of importance or status as "home as castle" as the brick and stone house elsewhere. Consequently

Fujimoto Kenkō writes: "Generally speaking, sleeping time in developed countries is longer than in developing countries. Therefore it is a matter of fact, that in Japan this time is rather short.

In the future, however, at doses equally potent for increasing wakefulness, amphetamine significantly reduces stage cataplexy and REM sleep, while modafinil had no effect on cataplexy but significantly reduced REM sleep. Modafinil increases daytime wakefulness,

and that is why Americans are used to rating sleeping as something one does to keep up one's strength and the first thought of most of us when we wake up in the morning is to calculate how many hours we slept that night. The length of our slumbers tells us how much energy and efficiency we will have that day. The Japanese sleep for other reasons. They like sleeping and when the coast is clear they gladly go to sleep.

For this purpose

Among the first to purchase beds were brothel-keepers. Open-minded by necessity, they were willing to try the daring and absurd as long as it promised to benefit their trade. The wooden sarcophagus must have appeared to them no less exotic than a horse-drawn carriage

Although this might be true, dreams could expand, energy (virility) arises, and a new kind of self-assurance will be built up." (p.18). In any case: live intensively! do not waste time! especially not for unnecessary sleep! Napoleon, in

fact, summarizes that up to this point humans spend about one third of their lives asleep, the question as to how they organize this time cannot be trivial.

In the same vein

The importance of Asian popular culture is not limited to its value as entertainment. It also embodies different values and lifestyles

provided that these young women do not realise that when they sleep during the day, they destroy the rhythm of their brains (a rhythm, men do not have - they also do not have a menstruation, do they?).

of equal importance

women were expected to wait until late at night for their husbands to return from work or socializing

There upon

the men slept while walking. Our junior lieutenant caused much amusement by marching squarely into a lumber pile on the side of the road while sound asleep." When camp was finally struck, still no one got a chance to sleep; they were all assigned to outpost and patrol duty. "But why not let some of them sleep?" I asked. "Oh no!" he said. "That is not necessary. They already know how to sleep. They need training in how to stay awake."

Thus, to a certain extent a

significant decline in sleeping time occurred between 1980 and 1985, the time, when both - work and leisure - "boomed"

After all

asleep in bed," writes Goffman (1959:121). "the individual is also immobilized, expressively speaking, and may not be able to bring himself into an appropriate position for interaction or bring a sociable expression to his face until some moments after being awakened,

and eventually it

provides with the opportunity to sleep without feeling guilty of laziness. In daily life, so-called necessary activities, such as bathing, eating and sleeping tend to be reduced to a minimum.

To conclude:

napping evolved as an endogenous rhythm to ensure forced rest during the midday heat, when activity could be detrimental to health.

bigotry super

WORK

in

PROGRESS