

Animal Sleep Facts

- Whales and dolphins never fully fall asleep. Half their brain always stay awake so they can continue to surface breathe.
- Elephants can sleep while standing or while lying on the ground.
- Sea otters hold hands when they sleep so they don't drift away.
- Man is the only mammal that willingly delays sleep.
- Armadillos have been dubbed "the sleepest animal on earth" snoozing more than 20 hours a day.
- Giraffes get by on less than 2 hours of sleep each day.
- Two thirds of a cat's life is spent asleep.

Interesting Sleep Facts & Tidbits

- If you live to be 75 years old, you'll have spent approximately 25 years asleep—6 of those years will be jam-packed with dreams.
- Studies show that people who sleep between 6.5 and 7.5 hours a night live the longest. People who sleep more than 8 or less than 6.5 hours don't live quite as long.
- Dysania is the state of finding it hard to get out of bed in the morning.
- Somniphobia is the fear of sleep.
- Around 12% of people dream in black and white; that figure was much higher before the advent of color television.
- Our minds incorporate sounds and smells around us when we're dreaming. If you're napping while someone is cooking enchiladas, you might start dreaming you're dining at a Mexican restaurant.
- Everyone dreams 4 to 7 times each and every night. Most people forget 90% of their dreams.
- Waking up multiple times during the night is normal. Some studies suggest we wake up as many as eight times throughout the night as we cycle between light and deep sleep.
- Tiredness peaks two times a day at 2 am and 2 pm. That is why you're less alert after lunch.
- Falling asleep takes an average of 10-20 minutes. Falling asleep too quickly may be a sign of sleep deprivation.
- In 350 BC Aristotle theorized that sleep was a time of physical renewal.
- In the 17th century, it was normal to sleep in 2 separate intervals with an hour or two apart. There was a halftime for sleeping!
- The different stages of sleep were discovered in 1924 by Hans Berger.
- The record of the longest period without sleep is 11 days. Don't try it! Sleep deprivation will kill you more quickly than food deprivation.



Bible Stories About Sleep

- Adam slept while God created Eve—Genesis 2:21-22
- While Jacob slept he dreamt of a stairway from earth to heaven with angels ascending and descending on it—Genesis 28:10-22
- Sisera, a commander of an army, was killed by a woman as he slept in her tent—Judges 4:17-21
- Samson got a haircut while he slept—Judges 16:1-22
- Ruth went to Boaz and uncovered his feet as he slept—Ruth 3
- Samuel was sleeping when God called him three times—1 Samuel 3:1-21
- David had opportunity to kill King Saul while he was sleeping, but didn't 1 Samuel 26:1-25
- Uriah slept at the entrance of the palace rather than going back to house—2 Samuel 11:1-27
- Elijah after defeating the prophets of Baal on Mount Horeb, he fled to Horeb, discouraged and defeated and he took a nap—1 Kings 19:1-8
- King Xerxes couldn't sleep and had the chronicles read and he realized Mordecai had not been honored for stopping the king's assassination—Esther 6:1-14
- Nebuchadnezzar had two disturbing dreams and only Daniel was able to interpret what the dreams meant—Daniel 2:1-48, Daniel 4:1-37
- King Darius could not sleep the entire night that Daniel was in the lions' den—Daniel 6:1-23
- Jonah was asleep on the boat as the storm raged—Jonah 1:1-17
- An angel appeared to Joseph in his sleep telling him to marry Mary and the son she was carrying would be named Jesus—Matthew 1:18-25
- Later, Joseph had a dream warning him to take Mary and Jesus and flee to Egypt—Matthew 2:13-15
- Jesus slept on the boat during a storm; when awoken He spoke and the storm stopped—Mark 4:35-41
- The disciples fell asleep while Jesus prayed in the garden of Gethsemane—Matthew 26:36-46
- Eutychus fell asleep during Paul's sermon and fell out a window—Acts 20:7-12

Some Verses About Sleep

- I lie down and sleep; I wake again, because the Lord sustains me. Psalm 3:5
- In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety. Psalm 4:8
- The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet water. Psalm 23:1-2
- Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. You will not fear the terror of night, nor the arrow that flies by day. For he will command his angels concerning you to guard you in all your ways. Psalm 91:1, 5, 11
- He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. Psalm 121:3-4
- In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2
- When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Proverbs 3:24