

## Sleep Quotes

*Note: This is a versatile document that can be used for a variety of purposes such as news releases or presentations.*

Since ancient times, some of the most famous quotations have dealt with the subject of sleep. Here are a few examples:

*All men whilst they are awake are in one common world: but each of them, when he is asleep, is in a world of his own.* —Plutarch, Greek philosopher (46-120 AD)

*Blessings on him who first invented sleep. It's meat for the hungry, drink for the thirsty, heat for the cold, and cold for the hot. It makes the shepherd equal to the monarch, and the fool to the wise.* — Miguel de Cervantes (1547-1616) in "Man of La Mancha"

*. . . We are such stuff/ As dreams are made on, and our little life/ Is rounded with a sleep.* —William Shakespeare, English dramatist (1564 - 1616) in "The Tempest"

*Sleep is the golden chain that ties health and our bodies together.* —Thomas Decker, English dramatist (1572-1632)

*Finish each day before you begin the next, and interpose a solid wall of sleep between the two. This you cannot do without temperance.* —Ralph Waldo Emerson, US philosopher, poet, essayist (1803-1882)

*Laugh and the world laughs with you; snore and you sleep alone.* —Anthony Burgess, author (1917-1993)

*It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it.* —John Steinbeck, author

*You must sleep some time between lunch and dinner. Don't think you will be doing less work because you sleep during the day. That's a foolish notion held by people who have no imagination. You will be able to accomplish more.* —Winston Churchill

*I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently.* —Ernest Hemingway, author

*If you don't think fatigue wreaks havoc, take a look at some of the laws we write around here at 1:00 a.m.* —Rep. James Oberstar (D-MN)

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*Dreaming permits each and every one of us to be quietly and safely insane every night of our lives.* —William Dement, MD, PhD, sleep researcher, who is often referred to as “the father of sleep medicine.”

*So if parents want to stay up late and watch TV, that’s their business. But the two important things that they should say to their kids are, one, “I love you” and, two, “Go to bed.”* —Charles Osgood, CBS commentator

*Never, under any circumstances, take a sleeping pill and a laxative on the same night.*  
—Dave Barry, humor columnist

*“That we are not much sicker and much madder than we are is due exclusively to that most blessed and blessing of all natural graces, sleep.”* —Aldous Huxley, author

*When I woke up this morning my girlfriend asked me, ‘Did you sleep good?’ I said ‘No, I made a few mistakes.’* —Steven Wright, comedian

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