

# YOUR EPWORTH, YOUR SLEEPWORTH

## Timeless Tale of Sleep

Hello reader! welcome to your weekly dose of SleepdB. Let's go back in time, stepping into the world of art for a bit. Long, long, long ago, well 1623 precisely, the famous literary text "Macbeth" by William Shakespeare was first published. Here's my bias summary of the text: Macbeth suffered from Insomnia (not caused by a medical condition). Clearly, the importance of sleep has been a timeless tale. One of the highlight references was this:

"Sleep, that knits up the ravell'd sleeve of care,  
The death of each day's life, sore labor's bath,  
Balm of hurt minds, great nature's second course,  
Chief nourisher in life's feast."

Beautiful choice of words, right? A "ravell'd sleeve" is a tangled skein of thread or yarn. Macbeth uses it to describe the frustration we experience when we have so many problems that we can't see the end to any of them. In such a case, we often say that we want to "sleep on it" in order to get everything straight.

Macbeth also compares sleep to a soothing bath after a day of hard work, and to the main course of a feast. To Macbeth, sleep is not only a necessity of life, but something that makes life worth living. (Shakespeare Navigators).

Ever heard of the Epworth Sleepiness Scale (ESS)? It is basically an assessment of daytime sleepiness with a score range of 0-24; 0 being no daytime sleepiness and 24 - you possess a superpower for dozing in the daytime. Unfortunately, the ESS was developed many years later. I imagine that Macbeth's ESS score would have been 2 or less.

In any case, your sleep health is important. Don't lose sleep, unless you have three grant deadlines, 10 meetings and 24 hours in a day. No day is so bad it can't be fixed with a nap. More reason for nap pods in office spaces or better still, in a sound-proof sleep lab, What do you say?

