

Why Some People Can Sleep Only 2 Hours a Night

The Joe Rogan experience I'm drawing a blank on the term But what is it called when your body uh sets its time for the day from the sun and the rhythm It's supposed to be great for that So it benefits your sleep a lot right To get sunlight early in the morning Supposedly it sets your body's clock Your mind's I've never had a problem with sleep I mean I'm just one of those guys that yeah I have friends that really struggle with sleep My wife struggles with sleep I can go to sleep on a fucking train station floor I don't get it at all And I'm not super empathetic about it too because sometimes like my wife will be up like doing something in the middle of the night and she's like she can't sleep And I'm like what are you doing Like go back to sleep She's like what do you think I want to Yeah Some people just can't sleep Well Jaco only sleeps like four hours a night That's not good for you He says he doesn't need anymore Yeah but his brain does I don't know maybe not like for functioning right now But like long term like you ask Andrew Huberman and that's one of the things you could do to like help your brain function as long as possible And like with Alzheimer's and all kinds of brain issues like long term sleep is a major factor It's a major factor If they look at the correlation between like the amount of hours of sleep and the instances of Alzheimer's it seems to be some sort of reaction Yeah I don't know Jock goes a different kind of animal though Maybe he definitely seems built different Yeah Maybe he just doesn't need it I think there's certain people I think Arnold is one of those people too Schwarzenegger I think he said he only sleeps a few hours a night I think there's certain people that just like they have just different requirements There there are people that like physically don't need as much sleep Like everybody needs some sleep But I think there are people I'm not one of them I can notice the difference between six and eight hours I know it's a big difference Six hours I'm like oh I gotta push there's an extra push Where is eight hours good to go You know I sleep six or seven hours a night But I feel like everybody's different Like there's there must be outliers to to only sleep four hours a night and function Well it must not affect your hormones as much as most people because like I I feel like most people if you sleep four hours a night it's terrible for your hormones It really a crazy crash in your hormones I think it really depends on what you're doing Like for some people like if you're only sleeping four hours but your job is very engaging and very intense and there's a lot of adrenaline you're fired up like at the end of that day you're probably gonna crash hard

but you might be able to pull it off and keep going But if you have like some fucking paperwork job and you only slept like four hours you're gonna be yawning and falling asleep you're gonna be barely able to get through it or even this job there's like the brain the brain function aspect you know Oh here it is After 10 years search scientists find second short sleep gene after a decade of searching UC San Francisco scientists who identified the only human gene known to produce natural short sleep lifelong nightly sleep that lasts just 4 to 6 hours Yet leaves individuals feeling fully rested Have discovered a second Uh It says before we identified the first short sleeved sleep gene People really excuse me really weren't thinking about sleep duration in genetic terms Said Ying Hu Fu uh phd professor of Neurology and member of the U CS F uh Whale How do you say that Wheel Wheel Wheel Institute for Neurosciences Fu led the research teams that discovered both short sleep genes The newest of which is described in a paper published August 28th 2019 the journal of neuron according to Fu many scientists once thought that certain sleep behaviors couldn't be studied Genetically sleep can be difficult to study using the tools of human genetics because people use alarms coffee and pills to alter their natural sleep cycles She said these sleep disruptions the thinking went made it difficult for researchers to distinguish between people who naturally sleep for less than six hours And those who do so only with the aid of an artificial stimulant and natural short sleepers remained a mystery until 2009 when a study concluded conducted rather by Fu's team discovered that people who had inherited a particular mutation in a gene called D EC2 averaged only 6.25 hours of sleep per night Study participants lacking the mutation averaged 8.06 hours The finding provided the first conclusive evidence that natural short sleep is at least in some cases genetic but this mutation is rare So while it helped explain some natural short sleepers it couldn't account for all of them Interesting Yeah that is interesting I think Jocko is is an animal I think he likes being tired I think he likes waking up tired and then pushing through it He he he's probably so used to suffering on a daily that that just becomes his baseline if he's not suffering He probably doesn't feel right Yeah Right Well how many fucking got his Instagram How many photos of his watch at 430 in the morning The best Instagram but the worst Instagram it's like another watch photo But you know he's getting after it