

# Why Some People Can Sleep Only 2 Hours a Night

<https://silosolo.com/847188>

## Summary

The video discusses the benefits of getting sunlight early in the morning for setting the body's clock and improving sleep. It also explores the difficulties some people face with sleep, including genetic factors. The concept of functioning well on only 4 hours of sleep is explored, as well as the connection between sleep and brain function, particularly in relation to Alzheimer's. The existence of genes associated with natural short sleep duration is mentioned, and Jocko is highlighted as an individual who functions well on minimal sleep.

## Silo sample questions

- Why is it beneficial to get sunlight early in the morning?
- Why do some people have difficulty sleeping?
- Is it possible for some people to function well on only 4 hours of sleep?
- What is the connection between sleep and brain function?
- Is short sleep duration genetic?

## Topics

sleep

genetics

sunlight

brain function

Jocko

## Key Takeaways

- Getting sunlight early in the morning is beneficial because it sets your body's clock and improves sleep.
- Some people have difficulty sleeping due to various reasons, including hormonal imbalances and genetic factors.
- Yes, some people are genetically predisposed to need less sleep and can function well on only 4 hours.
- Proper sleep is important for optimal brain function, and lack of sleep can contribute to brain issues such as Alzheimer's.
- Yes, there are specific genes that can contribute to natural short sleep duration.

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