

Chapter 1 : How many hours of sleep are enough? - Mayo Clinic

That's unfortunate news for nightshift workers, bartenders and others with unconventional sleep-wake routines, because they can't sleep efficiently at odd hours of the day or night, Walker says.

So many articles have been written about the fact that adults need about 8 hours of sleep per night. The fact is, that some people may need more or less. The real question should be, WHEN are you getting your sleep! You can get a full 8 hours of sleep but if you went to bed at 2am and woke up at 10am, you will not be in tip top shape. Definitely not compared to if you slept at 10pm and woke up at 6am. The best time range to go to bed to help you wake up in great shape is between 9pm and midnight. This is for adults years of age. Older people tend to sleep earlier than that due to their age and their lack of energy, which is normal. If you go to sleep later than midnight, even with the right amount of hours you need, it is still not optimal sleep for you. Sleeping is filled with mysteries even to this day. I would go to bed at am because I was working so much, and even with adequate sleeping hours, I was always tired and out of energy throughout the day. So I changed my pattern. I decided to go to bed earlier, usually between 10pm and midnight, and by 6am, I would wake up on my own. To do that, you need to sleep at the right time. Make sure you use your bed to sleep and not to watch TV. This will train your mind to associate your bedroom with sleep and nothing else. Leave your stress and worries at your bedroom door! Clear your thoughts and just enjoy your sleep. Try this and you will be surprised how early your eyes will open on their own. To fix your sleeping cycle, either try to not sleep an entire night so that by early evening you will be so tired you will sleep earlier, or do an activity that requires a lot of mental or physical energy, so that you will be drained and needy of sleep to regenerate. Just like that, you can fix your sleeping issues.

Midterms An hour-by-hour guide to watching on election night The results in these key races Tuesday will provide clues to which party will control the House and Senate for the next two years.

Where can I get more information? Introduction Sleep is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep and getting enough of it at the right times -- is as essential to survival as food and water. Sleep is important to a number of brain functions, including how nerve cells neurons communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake. Everyone needs sleep, but its biological purpose remains a mystery. Sleep affects almost every type of tissue and system in the body -- from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance. Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity. Sleep is a complex and dynamic process that affects how you function in ways scientists are now beginning to understand. This booklet describes how your need for sleep is regulated and what happens in the brain during sleep.

Anatomy of Sleep Several structures within the brain are involved with sleep. The hypothalamus, a peanut-sized structure deep inside the brain, contains groups of nerve cells that act as control centers affecting sleep and arousal. Within the hypothalamus is the suprachiasmatic nucleus SCN -- clusters of thousands of cells that receive information about light exposure directly from the eyes and control your behavioral rhythm. Some people with damage to the SCN sleep erratically throughout the day because they are not able to match their circadian rhythms with the light-dark cycle. The brain stem, at the base of the brain, communicates with the hypothalamus to control the transitions between wake and sleep. The brain stem includes structures called the pons, medulla, and midbrain. Sleep-promoting cells within the hypothalamus and the brain stem produce a brain chemical called GABA, which acts to reduce the activity of arousal centers in the hypothalamus and the brain stem. The thalamus acts as a relay for information from the senses to the cerebral cortex the covering of the brain that interprets and processes information from short- to long-term memory. During most stages of sleep, the thalamus becomes quiet, letting you tune out the external world. But during REM sleep, the thalamus is active, sending the cortex images, sounds, and other sensations that fill our dreams. People who have lost their sight and cannot coordinate their natural wake-sleep cycle using natural light can stabilize their sleep patterns by taking small amounts of melatonin at the same time each day. The basal forebrain, near the front and bottom of the brain, also promotes sleep and wakefulness, while part of the midbrain acts as an arousal system. Release of adenosine a chemical by-product of cellular energy consumption from cells in the basal forebrain and probably other regions supports your sleep drive. Caffeine counteracts sleepiness by blocking the actions of adenosine. The amygdala, an almond-shaped structure involved in processing emotions, becomes increasingly active during REM sleep. Each is linked to specific brain waves and neuronal activity. Stage 1 non-REM sleep is the changeover from wakefulness to sleep. During this short period lasting several minutes of relatively light sleep, your heartbeat, breathing, and eye movements slow, and your muscles relax with occasional twitches. Your brain waves begin to slow from their daytime wakefulness patterns. Stage 2 non-REM sleep is a period of light sleep before you enter deeper sleep. Your heartbeat and breathing slow, and muscles relax even further. Your body temperature drops and eye movements stop. Brain wave activity slows but is marked by brief bursts of electrical activity. You spend more of your repeated sleep cycles in stage 2 sleep than in other sleep stages. Stage 3 non-REM sleep is the period of deep sleep that you need to feel refreshed in the morning. It occurs in longer periods during the first half of the night. Your heartbeat and breathing slow to their lowest levels during sleep. Your muscles are relaxed and it may be difficult to awaken you. Brain waves become even slower. REM sleep first occurs about 90 minutes after falling asleep. Your eyes move rapidly from side to side behind closed eyelids. Mixed frequency brain wave activity becomes closer to that seen in wakefulness. Your breathing becomes faster and irregular, and your heart rate and blood pressure increase to near waking levels. Your arm and leg muscles

become temporarily paralyzed, which prevents you from acting out your dreams. As you age, you sleep less of your time in REM sleep. Sleep mechanisms Two internal biological mechanisms—circadian rhythm and homeostasis—work together to regulate when you are awake and sleep. Circadian rhythms direct a wide variety of functions from daily fluctuations in wakefulness to body temperature, metabolism, and the release of hormones. They control your timing of sleep and cause you to be sleepy at night and your tendency to wake in the morning without an alarm. Circadian rhythms synchronize with environmental cues light, temperature about the actual time of day, but they continue even in the absence of cues. Sleep-wake homeostasis keeps track of your need for sleep. The homeostatic sleep drive reminds the body to sleep after a certain time and regulates sleep intensity. This sleep drive gets stronger every hour you are awake and causes you to sleep longer and more deeply after a period of sleep deprivation. Factors that influence your sleep-wake needs include medical conditions, medications, stress, sleep environment, and what you eat and drink. Perhaps the greatest influence is the exposure to light. Specialized cells in the retinas of your eyes process light and tell the brain whether it is day or night and can advance or delay our sleep-wake cycle. Exposure to light can make it difficult to fall asleep and return to sleep when awakened. Night shift workers often have trouble falling asleep when they go to bed, and also have trouble staying awake at work because their natural circadian rhythm and sleep-wake cycle is disrupted. In the case of jet lag, circadian rhythms become out of sync with the time of day when people fly to a different time zone, creating a mismatch between their internal clock and the actual clock. Your need for sleep and your sleep patterns change as you age, but this varies significantly across individuals of the same age. Babies initially sleep as much as 16 to 18 hours per day, which may boost growth and development especially of the brain. School-age children and teens on average need about 9. Most adults need hours of sleep a night, but after age 60, nighttime sleep tends to be shorter, lighter, and interrupted by multiple awakenings. Elderly people are also more likely to take medications that interfere with sleep. In general, people are getting less sleep than they need due to longer work hours and the availability of round-the-clock entertainment and other activities. Many people feel they can "catch up" on missed sleep during the weekend but, depending on how sleep-deprived they are, sleeping longer on the weekends may not be adequate. You spend about 2 hours each night dreaming but may not remember most of your dreams. Events from the day often invade your thoughts during sleep, and people suffering from stress or anxiety are more likely to have frightening dreams. Dreams can be experienced in all stages of sleep but usually are most vivid in REM sleep. Some people dream in color, while others only recall dreams in black and white. The Role of Genes and Neurotransmitters Chemical signals to sleep Clusters of sleep-promoting neurons in many parts of the brain become more active as we get ready for bed. GABA is associated with sleep, muscle relaxation, and sedation. Norepinephrine and orexin also called hypocretin keep some parts of the brain active while we are awake. Other neurotransmitters that shape sleep and wakefulness include acetylcholine, histamine, adrenaline, cortisol, and serotonin. Genes and sleep Genes may play a significant role in how much sleep we need. Scientists have identified several genes involved with sleep and sleep disorders, including genes that control the excitability of neurons, and "clock" genes such as Per, tim, and Cry that influence our circadian rhythms and the timing of sleep. Genome-wide association studies have identified sites on various chromosomes that increase our susceptibility to sleep disorders. Also, different genes have been identified with such sleep disorders as familial advanced sleep-phase disorder, narcolepsy, and restless legs syndrome. Some of the genes expressed in the cerebral cortex and other brain areas change their level of expression between sleep and wake. Several genetic models—including the worm, fruit fly, and zebrafish—are helping scientists to identify molecular mechanisms and genetic variants involved in normal sleep and sleep disorders. Additional research will provide better understand of inherited sleep patterns and risks of circadian and sleep disorders. Sleep studies Your health care provider may recommend a polysomnogram or other test to diagnose a sleep disorder. A polysomnogram typically involves spending the night at a sleep lab or sleep center. It records your breathing, oxygen levels, eye and limb movements, heart rate, and brain waves throughout the night. Your sleep is also video and audio recorded. The data can help a sleep specialist determine if you are reaching and proceeding properly through the various sleep stages. Results may be used to develop a treatment plan or determine if further tests are needed. Smart technology can record sounds and movement during sleep,

journal hours slept, and monitor heart beat and respiration. Using a companion app, data from some devices can be synced to a smartphone or tablet, or uploaded to a PC. Other apps and devices make white noise, produce light that stimulates melatonin production, and use gentle vibrations to help us sleep and wake. Here are a few tips to improve your sleep: Set a schedule – go to bed and wake up at the same time each day. Exercise 20 to 30 minutes a day but no later than a few hours before going to bed. Avoid caffeine and nicotine late in the day and alcoholic drinks before bed. Relax before bed – try a warm bath, reading, or another relaxing routine. See a doctor if you have a problem sleeping or if you feel unusually tired during the day. Most sleep disorders can be treated effectively. A key focus of research is to understand the risks involved with being chronically sleep deprived and the relationship between sleep and disease. People who are chronically sleep deprived are more likely to be overweight, have strokes and cardiovascular disease, infections, and certain types of cancer than those who get enough sleep.

Chapter 3 : 12 Hours of the Day and Night - Planetary Hours

*The Best Hour of the Night [Louis Aston Marantz Simpson] on www.nxgvision.com *FREE* shipping on qualifying offers.*

Some do Wednesday nights while others meet on Sunday evenings. A few even gather on Monday mornings for prayer. Expand Collapse Yet one church group proved it could be the prime time to pray. King Herod Agrippa I has just killed James and tossed Peter in prison intending to do the same to him. However, Herod must wait until Passover has ended before carrying out his murderous plan. Consequently, on the last night before Peter was to be killed, an angel of the Lord visits the former fisherman in his jail cell, wakes him from his sleep, and sets him free from his captors. Step by step, the angel led Peter past the guards, through the gates, and out of the prison into the city. Rioting in the streets and protesting in the public sector would only have gotten them a matching jail cell and death sentence. No, the early church prayed. Granted, they were praying at night, partly because it was the safest time to gather. This was in the days before it was wise to post prayer meetings on Twitter. As a result of their earnest "middle-of-the-night" prayer they received a miracle: Peter was rescued from prison. Practicing Prayer Hear me clearly: If you think it sounds crazy to pray late at night, consider our preferred method of dealing with trouble: In the end, both churches lose sleep—but only one gets the miracle. Take a moment to reflect on these questions. When was the last time you prayed until God gave an answer? How much more time could you devote to prayer if you cut your TV viewing and Internet surfing in half? How would your life be different if you and your church prayed like the early church in Jerusalem? God invites us to speak with Him about our lives and those we love at any given moment. Those who do so are often rewarded.

Chapter 4 : When is the Last Third of the Night? - IslamQA

12 Hours of the Day and Night. The following tables show the 12 hours of the Day and Night for each day of the week, showing which planet rules that planetary hour.

Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight. Yet many of us regularly toss and turn at night, struggling to get the sleep we need. There is a solution. Making simple but important changes to your daytime routine and bedtime habits can have a profound impact on how well you sleep, leaving you feeling mentally sharp, emotionally balanced, and full of energy all day long. Just as how you feel during your waking hours often hinges on how well you sleep at night, so the cure for sleep difficulties can often be found in your daily routine. Unhealthy daytime habits and lifestyle choices can leave you tossing and turning at night and adversely affect your mood, brain and heart health, immune system, creativity, vitality, and weight. But by experimenting with the following tips to find the ones that work best for you, you can enjoy better sleep at night, improve your mental and physical health, and improve how you think and feel during the day. Try to go to sleep and get up at the same time every day. If you need an alarm clock, you may need an earlier bedtime. Avoid sleeping in—even on weekends. If you need to make up for a late night, opt for a daytime nap rather than sleeping in. This allows you to pay off your sleep debt without disturbing your natural sleep-wake rhythm. Be smart about napping. While napping is a good way to make up for lost sleep, if you have trouble falling asleep or staying asleep at night, napping can make things worse. Limit naps to 15 to 20 minutes in the early afternoon. If you get sleepy way before your bedtime, get off the couch and do something mildly stimulating, such as washing the dishes, calling a friend, or getting clothes ready for the next day. If you give in to the drowsiness, you may wake up later in the night and have trouble getting back to sleep. Control your exposure to light Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle. How to influence your exposure to light During the day: Expose yourself to bright sunlight in the morning. The closer to the time you get up, the better. Have your coffee outside, for example, or eat breakfast by a sunny window. The light on your face will help you wake up Spend more time outside during daylight. Take your work breaks outside in sunlight, exercise outside, or walk your dog during the day instead of at night. Let as much natural light into your home or workspace as possible. Keep curtains and blinds open during the day, and try to move your desk closer to the window. If necessary, use a light therapy box. This simulates sunshine and can be especially useful during short winter days. Avoid bright screens within hours of your bedtime. The blue light emitted by your phone, tablet, computer, or TV is especially disruptive. You can minimize the impact by using devices with smaller screens, turning the brightness down, or using light-altering software such as f. Say no to late-night television. Not only does the light from a TV suppress melatonin, but many programs are stimulating rather than relaxing. Try listening to music or audio books instead. Use heavy curtains or shades to block light from windows, or try a sleep mask. Also consider covering up electronics that emit light. Keep the lights down if you get up during the night. If you need some light to move around safely, try installing a dim nightlight in the hall or bathroom or using a small flashlight. This will make it easier for you to fall back to sleep. Exercise during the day People who exercise regularly sleep better at night and feel less sleepy during the day. Regular exercise also improves the symptoms of insomnia and sleep apnea and increases the amount of time you spend in the deep, restorative stages of sleep. The more vigorously you exercise, the more powerful the sleep benefits. But even light exercise—such as walking for just 10 minutes a day—improves sleep quality. It can take several months of regular activity before you experience the full sleep-promoting effects. For better sleep, time your exercise right Exercise speeds up your metabolism, elevates body temperature, and stimulates hormones such as cortisol. Try to finish moderate to vigorous workouts at least three hours before bedtime. Relaxing, low-impact exercises such as yoga or gentle stretching in the evening can help promote sleep. Be smart about what you eat and drink Your daytime eating habits play a role in how well you sleep, especially in the hours before bedtime. Limit caffeine and nicotine. You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it! Similarly, smoking is

another stimulant that can disrupt your sleep, especially if you smoke close to bedtime. Avoid big meals at night. Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed. Spicy or acidic foods can cause stomach trouble and heartburn. Avoid alcohol before bed. Avoid drinking too many liquids in the evening. Drinking lots of fluids may result in frequent bathroom trips throughout the night. Cut back on sugary foods and refined carbs. Eating lots of sugar and refined carbs such as white bread, white rice, and pasta during the day can trigger wakefulness at night and pull you out of the deep, restorative stages of sleep. Nighttime snacks help you sleep For some people, a light snack before bed can help promote sleep. For others, eating before bed can lead to indigestion and make sleeping more difficult. If you need a bedtime snack, try: Half a turkey sandwich A small bowl of whole-grain, low-sugar cereal Milk or yogurt A banana

Tip 5: Wind down and clear your head Do you find yourself unable to sleep or waking up night after night? Residual stress, worry, and anger from your day can make it very difficult to sleep well. If anxiety or chronic worrying dominates your thoughts at night, there are steps you can take to learn how to stop worrying and look at life from a more positive perspective. Even counting sheep is more productive than worrying at bedtime. If the stress of work, family, or school is keeping you awake, you may need help with stress management. The more overstimulated your brain becomes during the day, the harder it can be slow down and unwind at night. During the day, many of us overstress our brains by constantly interrupting tasks to check our phones, emails, or social media. Try to set aside specific times for these things, and focus on one task at a time.

Relaxation techniques for better sleep Practicing relaxation techniques before bed is a great way to wind down, calm the mind, and prepare for sleep. Accessing the Relaxation Response Deep breathing. Close your eyes and take deep, slow breaths, making each breath even deeper than the last. Starting with your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up to the top of your head. Visualizing a peaceful, restful place. Concentrate on how relaxed this place makes you feel. Read a book or magazine by a soft light Take a warm bath.

Chapter 5 : The myth of the eight-hour sleep - BBC News

Sleeping well directly affects your mental and physical health and the quality of your waking life. Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight. Yet many of us regularly toss and turn at night, struggling to get the sleep we.

Ekirch found that references to the first and second sleep started to disappear during the late 17th Century. This started among the urban upper classes in northern Europe and over the course of the next years filtered down to the rest of Western society. By the s the idea of a first and second sleep had receded entirely from our social consciousness. He attributes the initial shift to improvements in street lighting, domestic lighting and a surge in coffee houses - which were sometimes open all night. As the night became a place for legitimate activity and as that activity increased, the length of time people could dedicate to rest dwindled. When segmented sleep was the norm "He knew this, even in the horror with which he started from his first sleep, and threw up the window to dispel it by the presence of some object, beyond the room, which had not been, as it were, the witness of his dream. As for Sancho, he never wanted a second, for the first lasted him from night to morning. The night was a place populated by people of disrepute - criminals, prostitutes and drunks. There was no prestige or social value associated with staying up all night. Protestants and Catholics became accustomed to holding secret services at night, during periods of persecution. If earlier the night had belonged to reprobates, now respectable people became accustomed to exploiting the hours of darkness. This trend migrated to the social sphere too, but only for those who could afford to live by candlelight. With the advent of street lighting, however, socialising at night began to filter down through the classes. In , Paris became the first city in the world to light its streets, using wax candles in glass lamps. It was followed by Lille in the same year and Amsterdam two years later, where a much more efficient oil-powered lamp was developed. Night became fashionable and spending hours lying in bed was considered a waste of time. Stages of sleep Every minutes we go through a cycle of four stages of sleep Stage 1 is a drowsy, relaxed state between being awake and sleeping - breathing slows, muscles relax, heart rate drops Stage 2 is slightly deeper sleep - you may feel awake and this means that, on many nights, you may be asleep and not know it Stage 3 and Stage 4, or Deep Sleep - it is very hard to wake up from Deep Sleep because this is when there is the lowest amount of activity in your body After Deep Sleep, we go back to Stage 2 for a few minutes, and then enter Dream Sleep - also called REM rapid eye movement sleep - which, as its name suggests, is when you dream In a full sleep cycle, a person goes through all the stages of sleep from one to four, then back down through stages three and two, before entering dream sleep Source: Gregg Jacobs Find out more about the science behind sleep "People were becoming increasingly time-conscious and sensitive to efficiency, certainly before the 19th Century," says Roger Ekirch. This could be the root of a condition called sleep maintenance insomnia, where people wake during the night and have trouble getting back to sleep, he suggests. The condition first appears in literature at the end of the 19th Century, at the same time as accounts of segmented sleep disappear. Russell Foster, a professor of circadian [body clock] neuroscience at Oxford, shares this point of view. But sleep has been ignored in medical training and there are very few centres where sleep is studied," he says. Jacobs suggests that the waking period between sleeps, when people were forced into periods of rest and relaxation, could have played an important part in the human capacity to regulate stress naturally. In many historic accounts, Ekirch found that people used the time to meditate on their dreams. Lying awake could be good for you. Listen to the programme here.

Chapter 6 : When is the Best Time to Sleep? â€“ INeedMotivation

Category Music; Suggested by UMG Rihanna - Diamonds; Song Vamos A La Playa - Extended Mix; Artist Loona; Album Vamos A La Playa; Writers.

What is the Best Time to Study? Each side has its own loyal advocates who will speak at length of the benefits of their preferred method to try and convince you of the benefits of their choice. Everyone thinks they know what the best time to study is but the reality is that each person is different and there is no clear winner from a scientific point of view. There are some people who get more out of studying at night while others find the best time to study to be the morning or the afternoon. Society is structured around being active during the day and sleeping at night, so by sticking to this norm there are undeniable benefits such as being able to go to the library or book shop. Natural light is better for your eyes. Artificial light hurts our eyes and can affect our natural sleep rhythm. People are more active, louder and intense during the day. At night there are fewer distractions than during the day. Most of your friends are asleep and your social networks will be less active. It is true that things look different by night. The night can increase your creative efficacy and help you see concepts differently. There are possibly more reasons why each of these options could be the best time to study. If you study at night, or are interested in starting, then read the tips below. Studying in the dead of night lacks a lot of the social aspects that daytime studying may have. This way your body will get used to it and you can get the best study performance possible. If you study for a few days and a few nights, your body will go crazy! Pick one and stick with it. If you study at night, this does not mean you should be sleeping less. This makes it even more important to create a study timetable outlining when you will take breaks. Also make sure you keep hydrated! As mentioned above, one of the benefits of studying at night is the increase in your creativity levels. Many believe that their creativity becomes more pronounced at night. That is why many artists work through the night. A good idea to induce your creativity is to study while listening to music that inspires and motivates you. This entry was posted in ExamTime Blog Posts and tagged study , study tips.

Chapter 7 : What is the Best Time to Study? Day vs Night

Both combine to create what I believe to be one of the best rain videos I have either seen or made. 3 hours of Rain, 3 hours of Rain Sounds, Gentle Rain, Light Rain, Soft Rain, Calm Rain, Soothing.

The drainage basin of the Nile river and delta at night On Earth, an average night lasts shorter than daytime due to two factors. Without these effects, daytime and night would be the same length on both equinoxes , the moments when the Sun appears to contact the celestial equator. On the equinoxes, daytime actually lasts almost 14 minutes longer than night does at the Equator , and even longer towards the poles. The summer and winter solstices mark the shortest and longest nights, respectively. Although daytime and night nearly equalize in length on the equinoxes, the ratio of night to day changes more rapidly at high latitudes than at low latitudes before and after an equinox. Both hemispheres experience the same patterns of night length at the same latitudes, but the cycles are 6 months apart so that one hemisphere experiences long nights winter while the other is experiencing short nights summer. In the region within either polar circle , the variation in daylight hours is so extreme that part of summer sees a period without night intervening between consecutive days, while part of winter sees a period without daytime intervening between consecutive nights. The phenomenon of day and night is due to the rotation of a celestial body about its axis, creating an illusion of the sun rising and setting. Different bodies spin at very different rates, however. Some may spin much faster than Earth , while others spin extremely slowly, leading to very long days and nights. The planet Venus rotates once every Mercury has the longest day-night cycle as a result of its 3: A planet may experience large temperature variations between day and night, such as Mercury , the planet closest to the sun. This is one consideration in terms of planetary habitability or the possibility of extraterrestrial life. Impact on life[edit] The disappearance of sunlight, the primary energy source for life on Earth, has dramatic impacts on the morphology , physiology and behavior of almost every organism. Some animals sleep during the night, whilst other nocturnal animals including moths and crickets are active during this time. The effects of day and night are not seen in the animal kingdom alone; plants have also evolved adaptations to cope best with the lack of sunlight during this time. For example, crassulacean acid metabolism is a unique type of carbon fixation which allows photosynthetic plants to store carbon dioxide in their tissues as organic acids during the night, which can then be used during the day to synthesize carbohydrates. This allows them to keep their stomata closed during the daytime, preventing transpiration of precious water. As artificial lighting has improved, especially after the Industrial Revolution , night time activity has increased and become a significant part of the economy in most places. Many establishments, such as nightclubs , bars , convenience stores , fast-food restaurants, gas stations , distribution facilities, and police stations now operate 24 hours a day or stay open as late as 1 or 2 a. Even without artificial light, moonlight sometimes makes it possible to travel or work outdoors at night. Nighttime is naturally associated with vulnerability and danger for human physical survival. Criminals, animals, and other potential dangers can be concealed by darkness. Midnight has a particular importance in human imagination and culture. The belief in magic often includes the idea that magic and magicians are more powerful at night. Seances of spiritualism are usually conducted closer to midnight. Similarly, mythical and folkloric creatures as vampires and werewolves are described as being more active at night. Ghosts are believed to wander around almost exclusively during night-time. In almost all cultures, there exist stories and legends warning of the dangers of night-time. The cultural significance of the night in Islam differs from that in Western culture. The Quran was revealed during the Night of Power , the most significant night according to Islam. Muhammad made his famous journey from Mecca to Jerusalem and then to heaven in the night. Another prophet, Abraham came to a realization of the supreme being in charge of the universe at night.

Chapter 8 : The Perfect Prayer Time: 3 A.M.?

Several studies have found that seven hours a night is the best amount of sleep in order to function the next day”not eight, as was long believed.

Chapter 9 : Night - Wikipedia

20 Fast Dinner Ideas for Any Night of the Week 20 Fast Dinner Ideas for Any Night of the Week The Best Time of Day to Do Just About Anything the best hours.