

Sleep, What is it really?

I have been looking into a book from 2006 titled *At Days Close: A History of Nighttime* by Roger Ekirch. And while the book can be difficult to read (in a typical dull professor style, as well as an over reaching presentation of the greatness of the modern medical system) there is one element of it that has been discussed since its publication. That is the concept that prior to the late 1800s, people slept in two segments during the night; what Ekirch labelled a “first sleep” and a “second sleep.”

While this article is not about the specifics of that, I have a few other things I want to get to, I will address this idea first. The principle being that prior to electrical lighting (thus the easy ability for people to stay up later and later with technology) and before the specific city industrial need for people to be “effective slave workers” staring at the factory or shop at 7 or 8 AM, medieval records suggest people were sleeping in two segments. The first, say they went to sleep at 9PM, might sleep for 3-4 hours, then get up.

This still exists in most people today. Granted the average person goes to be much later now (say 10-12) and then get woken up around 2 or 3 AM, who then lay in bed hoping to find ways to fall asleep again (which often doesn't happen) then the alarm goes off at 6, and they force themselves awake to live another tired day.

The point of the medieval wake up period was that people got up for 2 hours, but did were not figuring out how to get back to sleep. This period was used, just like any other period of wakefulness. Similar to getting up from a long nap, you feel rested. So they would do some chores, perhaps do some sewing or candle making, keep the fire burning. Some would use the time for prayer or stillness, read, others would have sex (as they would be far more rested and clear than prior to the first sleep). Then after 2 hours, they would go back to sleep for another 3-4 hour period. Siesta is a similar idea, just the two sleeps are broken with longer periods because of the heat of the afternoon, so the first sleep happens in the afternoon, and the second at night.

I know myself that when in the middle of book writing, I can sometimes get up in the middle of the night very rested and clear headed, and can write some very unique pages at that time. The point is one is somehow being productive in this period of time. I read a comment on one of the videos discussing it, and the woman mentioned how when she was a young girl an visiting her grandparents, her grandmother would wake her up at 11PM, and then they would sit for 2 hours and do some chores or read, but only by candle light. She would not turn on the electric lights.

And this is an important message for today. That being, most who wake up in the middle of the night today, might get out of bed for a while. But they tend to turn on a light, look at a screen, or something else involving the user of electricity and artificial light. Which defeats the whole purpose, because the entire system is being switched on to “day mode,” when instead you want to be in mid-sleeps mode. Hence the idea of whatever activity is being partaken in, one has to do it only with candle light, thus keep the melatonin centres somewhat balanced, so when it is time for sleep number two, the brain is more easily able to shut off. This also makes it interesting as for new parents one of the big concerns is how to keep the baby

quiet in the night so they can sleep fully. But when one sees the natural way to sleep is not one long 8 hour uninterrupted period, but two partial sleeps, being woken by the baby would in a natural mode, would have been part of the mothers mid-sleep activities, along with any other chores or prayer or reading she might want to partake in.

The whole concept of sleep is fascinating to me, because during this period, your awareness is literally checked out of this reality. And that is actually a dangerous time. Wild animals rarely have periods of deep sleep, but instead of have periods of half-sleep, where they are still aware of their environment. Deep sleep requires a type of feeling very safe where you are, that you can shut off the monitoring principles that keep one alert to dangers in the environment.

So on one level, sleep (the way it is set up) is kind of a stupid principle. Granted in tribal continuities, certain members would stay awake during the night as “guards” of the campsite, keep the fire running and whatnot. But with the two sleep idea, it indicates that one person would not have to be awake the entire evening. One would guard during the first sleep period, then when the community awoke, he could go to sleep, and someone else would take over the guard duty during sleep two.

But lets go deeper. Who really benefits from this thing called sleep? Is it really us? I say that because the supposed purpose of sleep is about getting a giant rest for the body-mind so it is ready for a “productive” next day. But who needs “productivity” from humans? Humans, or the archons? Then again there is the entire aspect of dreams, and as you know I have commented on this for a long while. Dreams, the movement of consciousness into the astral, is hard to really understand the purpose of. In many cases it just seems like a giant trick to keep the mind active on a new series of outward activities and experiences. Due to dreams, many times we can actually wake up more tired than when we went to sleep (as the body can often respond to these dreams as if they were real, as referenced when people twitch or move in sleep in response to the dreaming). So what good was that if the goal was simply rest for the body-mind?

Thus there is something very odd about sleep, and perhaps this creation of a two segmented sleep, was something humans in the past developed as a type of break point in the sleep cycles, so as to get as much of the rest benefit as the body-mind seemed to require, while not allowing the possibility of long trips caught in the astral realm where who-knows-what is going on from the terms of manipulation and loosh harvesting. Because there is a lot of manipulation that is attempted to be put on us in dreams, yet oddly at the same time, there can be quite a bit of new ideas or life information that can be passed to us, along with premonitions of the future and whatnot. Thus the dreaming period is not necessarily good or evil, but can contain elements of both, depending on how fully aware and lucid we are during that time frame. Perhaps the more lucid one learns to get at night, the more one will just simply choose to say screw off to all dreaming...thus need to sleep less, and be more fully energized during waking hours.

I put this together because it has really got me thinking that a key activity the average person spends 6-8 hour of every day with for our entire life, is an area so little examined and understood, as we focus on detail and understanding the other 16-18 hours of each day. Sleep should have a similar amount of focus, and the fact that we don't (which is just a series of society expectations of where to focus or time and attention) tells us that the system really does

not want us to have deep studies of sleep. What is it is, who benefits, how we can learn to use that period of time more for our energy and direction, and not someone or something else's.

I still will be looking into this from time to time, but once I came across that book I thought this might be a good time to get people to start asking some questions about their own sleep periods, what they look like, how they use them.

I will note though of Ekirch's book. while there was discussion about this two sleep part of the night and what people did there, there was almost nothing about what people did before going to sleep, and what the focus was on getting up. I have found this is quite important as well. To just decide one is tired and go to sleep, right away leaves doorways available for manipulation during the sleep period, as opposed to a careful and thoughtful close down for the day, and preparation for the sleep period. The same with the waking up period, say the first thirty minutes, as I too have found that how clear and aware one takes those first thirty minutes and what one does, becomes like a foundation that the rest of the day energetically rests on. For sure in ancient times, these 30 minute periods before and after sleep would have had specific focus and actions and things begin done to go into and come out of the sleep period effectively.

Anyway I will leave this here. I think of this like a part one of the examination, and when I come across another deeper idea around all of this, I will put together a part two.

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