
Subject: Re: Does anyone notice...

Posted by [Oblivion165](#) on Mon, 17 Apr 2006 17:03:27 GMT

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Sleep is very important. Everything slows down and gets a break. Also sleeping is very good for phycology, imagine a life where there is no monday, tuesday, wednesday....just 1 day, never ending. Birth till death no break. That will screw you up, things that happen to you during the day have to be processed, so you can deal with them better.
