

How I Add Two Hours To Each Day

by Sterling D. Allan, 228033

To: Epoch Times Editorials

May 8, 2025

Over the $\frac{1}{2}$ past year or so, I've ~~been~~ following a regimen that gives me a couple more hours of productivity beyond what I had before.

I've trained my biological clock to awake at $\sim 4:30$ am. (I fall asleep at $\sim 10^{11}$ pm the night prior.) I turn the TV on at the base of my bed (usu. ^{or 6 AM} 14-1 Bus. 1st AM), get my media notepad out, open it up on the bed next to me, put my ear buds in, then lay back down, eyes closed, as if going back to sleep. ^{I'm positioned} so I can open my eyes to see the TV content as needed. I ~~usu.~~ then float between being awake and asleep until 6:30, which is when I get up for the day. The "nodding off" phase is ^{usually} during commercial breaks. As content of interest occurs, I jot it down in my notepad for possible inclusion in my "Sterling Daily" series.

As far as my body is concerned, I'm still "asleep" this whole time, but when it comes to paying attention to the content, I'm plenty awake to catch what's going on.

I can tell you with confidence that my body thinks I'm asleep because as a type 1 diabetic, I have a "morning (blood sugar) rise" phenomenon in which around 3:30, my blood sugar starts to climb — slow at first, then full bore around 7 am. It's been that way for at least six years. If I fully awake earlier than the usual time (6:30), it resets the biological clock to ~~mapush~~ that morning rise phenomenon earlier.

(At 5 am I watch The National News Down.
At 6 am I turn it to 238 NTD News Today (weekend)
Epoch TV — usually ---) (Diff. shows on weekend)

(2)

I ~~take~~ usually take a couple of cat naps (20-40 min) each day during "count" down time (12-1 pm and 5-6 pm) - something I've been doing for years, not just since this newer regimen.

I do not feel sleep deprived. I don't usually (rarely) feel sleepy outside of usual nap or sleep times.

The bottom line is that this regimen gives me two more hours of content absorption time each day (minus commercial time). That's very important to me being able to better understand/process what's going on in the world.

Sterling D. Allan

IIIndComing.org

#Add2Hrs Daily