



Sleep is your superpower

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01

Men who sleep five hours a night have significantly smaller testicles than those who sleep seven hours or more.

02

Here in this study, we decided to test the hypothesis that pulling the all-nighter was a good idea.

03

I think this should be concerning, considering what we know is happening to sleep in our education populations right now.

04

In fact, to put that in context, it would be the difference in a child acing an exam versus failing it miserably -- 40 percent.

05

Currently, that list includes cancer of the bowel, cancer of the prostate and cancer of the breast.

06

**We know this from
epidemiological studies
across millions of
individuals.**



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