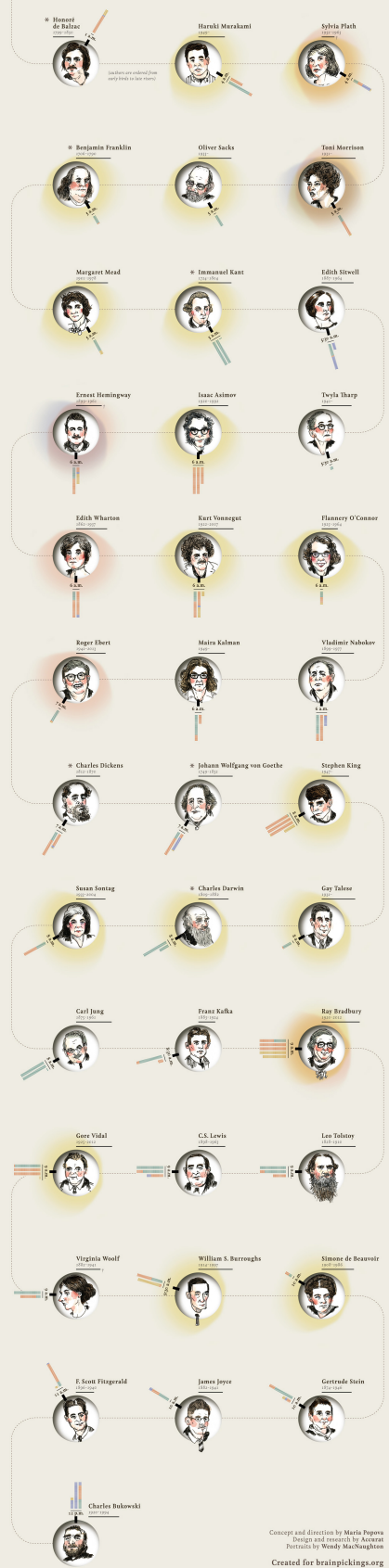
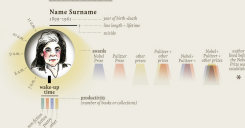


FAMOUS WRITERS' SLEEP HABITS AND LITERARY PRODUCTIVITY

The writing times of famous authors for whom the data was available, based on written interviews and biographies, was compared with the author's literary productivity as measured by number of books published and page count. Research from the Sleep Foundation shows that sleep deprivation is linked to decreased cognitive function, and that sleep deprivation can lead to decreased productivity. The authors of the research also discovered that sleep deprivation can lead to decreased productivity.

How to read it



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