

## University of Groningen

### To sleep or not to sleep

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## Postulates

1. Sleep in the ICU should be considered a medical priority rather than a luxury.
2. Continuous EEG recording may be a valid, non-invasive marker for early sepsis.
3. Absence of rhythm may be fatal.
4. ICU patients may display a better sense of rhythm in bed than on the dance floor.
5. A windowed ICU room does not guarantee a normal dark/light rhythm.
6. Overnight sedation mimics a behavioral state of sleep, not necessarily a physiological one.
7. The BBC can inform both mind and body.
8. 42.19% of statistics are made up on the spot.
9. A high IQ and strong common sense are only weakly correlated.
10. In both a surgical residency program and a marathon, the last 0.2-mile is where it counts.
11. If academia pays peanuts, don't be surprised if it attracts monkeys.
12. A biker knows why a dog sticks its head out of the car window.
13. When you are riding lead, don't spit.
14. It may be better to be scared to death than bored to death.

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