

Economists believe they can explain all human behavior.

### **Why do we sleep?**

(Jeff Biddle and Dan Hamermesh: *Sleep and the Allocation of Time*, Journal of Political Economy, 1990).

Use it as a reserve against work opportunities.

Diaries kept by individuals: 1975 & 1981.

Sleep 3266 minutes a week.

Work 2122 minutes a week.

Estimate that if you need to work an extra hour (60 minutes), all else held

constant, sleep declines by 10.5  
minutes.