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Subject: Re: Why Is Sleep Needed?

Posted by [Rusty](#) on Sun, 17 Jun 2018 15:03:40 GMT

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Well, sleep is an evolutionary, biological necessity. There are people whom can get by with a minimal amount, but sleep is a regenerative process. I dig it. I've always felt if dreams could be recorded for later viewing. A lot of peoples problems could be diagnosed and insight into potentials could be realized. Probably too, much of them would be hilarious and ridiculous too.

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