

Quiz: Can You Identify the Sleep Habits of These Famous People?

By Paige Towers • June 2, 2016 at 5:41pm

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Studies repeatedly show

the importance of sleep. In fact, generally speaking, 79 hours of shuteye is critical to staying alert, feeling energetic, making good decisions, being a great manager, appearing more intelligent and on and on. Yet it's still something that many people wrestle with, even some of the world's great leaders (or at least, famous people).

Their sleep habits can be downright strange. Can you match each quote to the right person?

1. Took afternoon naps in his pyjamas

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Answer:

Although it's entertaining to imagine Disney napping in Donald Duck-themed pajamas, Sir Winston Churchill — the UK's Prime Minister from 1940-1945 and 1951-1955 — was the powerful person napping in his jammies.

The quote is from

Tom de Castella for the BBC.

2. Gets by on four hours a night

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Answer:

The likely Republican nominee for president, Donald Trump, claims that he only sleeps four hours

a night. Yes, that's correct — he's even better than you at (not) sleeping! The

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quote comes from Trump's 2004 book, "Think Like a Billionaire."

3. Binges on sleep every four months

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Answer:

The CEO of Yahoo, Marissa Mayer, is the sleep deprived power broker trying to

play catchup while on holiday. The quote is from J

ane Martinson of The Guardian . 4.

Keeps PostIt notes by the bed

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Answer: Which one of these powerful dudes

is only sleeping

as long as the first Godfather movie each night, with PostIt notes by his bed? Think wellmanicured beard and sunglasses: the design mogul, Tom Ford. The quote is from

Vito La Giorgia.

5. Manages on four hours a night

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Answer:

Indra Nooyi, the CEO of PepsiCo, is the one that revealed her minimal sleep habits to Fortune.

Is this whole sleep deprivation game the secret to success? We certainly hope not.

6. Can sleep on command

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Answer:

If you guessed Hillary Clinton, you guessed right. As Van Winkle's reported earlier this year after, Clinton once talked about hunkering down for tenminute naps whenever possible.

7. Likes to read and write into the night

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Answer:

Although his predecessor, George W. Bush, reportedly slept a solid 8 hours each night, President Obama apparently keeps the White House's lights burning

late into the night. The quote is from

Politico's Carrie Budoff Brown. 8.
Tries to get by on too few hours to imagine

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Answer:

Jack Dorsey, the founder of Twitter and CEO of Square, is the one working two jobs

in lieu of sleeping 8 hours a night. What "I don't sleep much" means exactly, we can only guess (and shudder) at. The quote comes from Jack D. himself.

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9. Basically just took a fourhour power nap each night

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Answer:

Margaret Thatcher, the Prime Minister of the UK from 1979-1990, is notorious

for getting woefully little sleep, although we imagine that Taylor Swift does her fair share of stay-up-all-night partying herself. Maybe with Federal Reserve Chair, Janet Yellen. The quote comes from Sir Bernard Ingham, her Downing Street press secretary.

How'd you do?

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