In both articles Fairbanks and Shellnutt both show their life with sleeping disorders and how it has personally affected them. Both articles stress that sleep is a major problem in the world and we should be able to follow our own sleep schedule, however they disagree with the way we should view sleep. Fairbanks recommends that sleep should not be categorized, it should be left as its own thing whereas Shellnutt suggests that we should get enough sleep to be productive at work.

In the article “How Did Sleep Become So Nightmarish”? by Eve Fairbanks she illustrates how insomnia has affected her life. She submits how people are striving to not only get sleep, but great sleep to be more productive at work. She highlights that the sleeping industry is a 32 billion-dollar business, because many people fill prescription medicine just to be able to sleep at night. Also, people are insisting they participate in sleep clinics and are buying and using technology, food, and materials to help them sleep. She reveals all the things she tried to help her get good sleep including diets, teas, and medications. She argues that people do not sleep because they want to, they sleep because they are so worried about being able to perform to the best of their abilities the next day at work. Fairbanks’ boyfriend encourages this claim by saying “you Americans don’t know how to rest, you rest only to work better” (P366). Capitalism has manipulated sleep by invading our sleep habits and insisting that we need sleep to be productive.
For instance, society submits we need at least eight hours of sleep to be productive the next day at work. From all of her research, Fairbanks reveals to us that sleep should be left as a mystery, and we should stop trying to control it and put it in categories, we should leave it as its own thing.

On the other hand, Shellnutt’s article challenges Fairbanks’ article with sleep delay and how people who are diagnosed with insomnia might just be people whose circadian rhythms are delayed. She demonstrates that night owls are misunderstood because people don’t understand their sleeping schedule. She argues that they’re still great workers they are just more productive at night and sleep later in the morning. Even though night owls are just as productive as early birds, society encourages early birds because studies show that people who choose to work later are assumed to be less focused and successful in their jobs. These accusations are highlighted from the fact that many college students stay up late to do their work, therefore adults who work late hours are viewed as childish and immature. As you get older, society believes you should conform to an early bird sleep schedule to work the demanding morning hours in jobs. Statistics shows that less than 5 percent of people have night time jobs because many companies favor the early bird schedule. In fact, Shellnutt reveals she made attempts to conform to an early bird schedule by giving up caffeine, late night screen time, and used products to help her fall asleep earlier. However, nothing worked, and she proclaims that it was impossible for her to fall asleep early. She declares that she consulted in old friend who is a psychologist about her sleep schedule and her immediate comment back was delayed sleep. The psychologist furthermore believes that as long as night owls get enough sleep, nothing was wrong with their sleep schedule. As a result, Shellnutt insists that you can be productive at any time of the day and that
everyone should be allowed to choose their own work hours based off of their circadian rhythm, so they can have equal amounts of sleep and be productive at work.

Both authors believe that people should make their own work schedule based off of their sleeping habits and sleep disorders. Naturally, I agree with Shellnutt due to my firsthand experience with sleep delay as a college student. I agree that it’s not a bad thing for people to operate on different sleep schedules and that work places should allow employees to pick their own hours. However, I don’t agree with Shellnutt when she declares that people should sleep to be more productive. Instead, I agree with Fairbanks when she argues that we should stop trying to control sleep and let it occur naturally. When both authors attempted to adjust their sleep to conform to society’s expectation of the early bird schedule, they both admit to added stress in their daily lives. Society should acknowledge the variance in sleep schedules and allow employees to work in accordance to their respective sleep schedules. After reading both articles, I concluded that people are trying to conform to the early bird sleep schedule by taking medications for insomnia when they actually suffer from a delayed sleep schedule. Would following our natural sleep schedules allow for professionals to better differentiate between insomnia and delayed sleep?