The Experts Are Wrong!

Posted by: Young-soo Kim, April 4th

I am a 17-year-old high school student in Seoul, Korea. I also work part-time at a store that my parents own, so I am very busy. I only have time to sleep three or four hours each night.

I know this is less than experts say we need, but I don’t plan to change. I think a lot of expert advice is unrealistic. If you slept the number of hours that they recommend, you would spend a third of your life sleeping. If I slept that much, I would never have time to do all the things I do now.

During the week, my day begins at six o’clock. From seven in the morning to seven in the evening, I go to school and attend classes, participate in club activities, and study. From seven to nine in the evening, I go to a private school called a hagwon to study for university entrance exams. At ten o’clock, I go to my parents’ store and work until two in the morning. I sleep from about two-thirty until my day starts again at six o’clock. On the weekend, I work longer hours at the store, but I usually get to sleep in until eight.

Experts might think that my sleeping habits aren’t healthy. Some might even say I have a sleep disorder, but I don’t think I have a problem. I feel very healthy and full of energy. I am never sick. Well, I’m almost never sick. Sometimes I have colds, but I take vitamins to get over them quickly. I exercise nearly every day. I also play soccer at school, and I go to a gym on the weekend.

I think you have to push yourself to be really successful. I want to get a good job and earn a lot of money, so I need to work hard and get into a good university. I can afford to have less sleep now if it means I’ll have a better chance in a future job interview. World leaders like John F. Kennedy and Margaret Thatcher were famous for not sleeping much. If it worked for the President of the United States and the Prime Minister of Britain, then it can’t be such a bad idea.

Here is my advice: if you want to be successful, then don’t listen to the experts. Some of them don’t understand what it takes to get ahead.