

## **Culpeper on Sleep**

The commodity of moderate Sleep appears; that the natural heat, which is occupied about the natural heat whereof nourishment proceeds, is comforted in the places of digestion; and so digestion is helpt and bettered by Sleep, the minde rendred more quiet and clear, and the humors more temperate.

The moderation of Sleep must be measured by health or sickness, by age or time, by emptiness or fullness, or by the natural complexion. Phlegmatick persons are naturally inclined to Sleep, because they ingender many humors. Weak stomachs that digest slowly, are disquieted of their rest. Sleep immediately after meat, is not wholesome.

It is most wholesome to sleep on the right side, that the meat may approach to the Liver, which is to the Stomach, as fire is to the pot, by it digested; it is good for those that have weak stomachs to sleep on their bellies: Lying on the back is very unwholesome.

Seven hours sleep is sufficient for Chollerick and Sanguine men; nine hours for Phlegmatick and Melancholly: those that sleep longer, deserve to be sick of the Lethargy: In cases of necessity to procure sleep, take a little Camphire mingled with some womans Milk, and anoint the Temples. Otherwise, Take an ounce of the Oyl of Roses, and three drams of Vinegar, and stir them both together, and use them.

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