



THIS IS HOW THE WORLD SLEEPS - GERMANY, JAPAN, USA, SPAIN, FRANCE

by Sibylle Smolka, Marion Schmidt, Gordian Arneth



SYNOPSIS

Each person spends about a third of his or her life asleep. Sleeping habits, however, differ, depending on age, life situation or nationality. Together with sleep expert Dr. Michael Feld, we examine how different cultures approach sleep and sleep disorders.

GERMANY

Germans are famous for their discipline and efficiency. But these virtues require concessions in regard to sleep. Germans get up especially early; in fact they are the earliest risers in all of Europe. At the same time, people tend to go to bed at later times. Permanent artificial light and smart phones prevent us from getting the rest we need. Night has become day. But what happens when we ignore the day-night rhythm nature demands and what repercussions does this have for our health?

We visit Germany's first "Nap Café", where stressed urbanites recuperate during their lunch breaks, and test whether a night in a cornfield is really as romantic as most Germans think it is.

JAPAN

The Japanese are less demanding when it...

CAST AND CREW

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PRODUCER Heike Kunze

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130 min

ORIGINAL TITLE

So schläft die Welt -
Deutschland, Japan, USA,
Spanien, Frankreich 5x26min,

CONTENT CATEGORIES

Series

PREMIERE

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