

Pullman porters were often granted less than four hours sleep a night. NEWBERRY LIBRARY/BRIDGEMAN IMAGES  
Racist presumptions about sleep pestered the descendants of slaves long after the Civil War. In the late 1800s, the Pullman Company, which handled sleeper vehicles on trains, actively recruited previous servants to work as porters, and often gave them bit more than 4 hours sleep per night - bad blue light.

When the Pullman porters formed a dynamic union, better sleeping conditions were amongst their main demands but they weren't given a 40-hour workweek up until 1965. [bad blue light](#). Today, sleeping conditions remain greatly divided along racial and socioeconomic lines. "Poverty is most acutely felt at night," Reiss notes, and "to be bad is to be acutely sleep-deprived." Overwork, physical insecurity, sound, contamination, absence of childcare, and insufficient health services affect the poor more harshly and make sleep harder.

The scholar Simone Browne has compared Omnipresence to the city's eighteenth-century lantern laws, which needed blacks and Indians to bring lanterns at night. Both policies use lighting as a kind of social control, making black bodies visible to allay the fears of a white gentility. They also reflect how little control the bad frequently have more than the conditions in which they sleep.

Silicon Valley's interest in sleep hacking and optimization serves the very same business goal as much of the modifications wrought during the Industrial Revolution: optimum efficiency - blue light and sleep. The standardization of sleep in the eighteenth and nineteenth centuries fit the needs of large industrial concerns, who wanted their employees to be efficient, on time, and rested just enough.

This view tracks with the Silicon Valley commonplace that brave acts of technological innovation will suffice to fix all manner of bugs and inadequacies. Few products show that concept better than among Arianna Huffington's most expensive offerings - blue light impact on sleep. The EnergyPod, priced at \$10,000 in the Thrive Global shop, expenses itself as the "world's first chair created for sleeping in the work environment." The big, scallop-shaped pod, which resembles a cross between a dental professional's chair and an enormous motorcycle helmet, assures gentle vibrations and calming music to direct you in and out of your power nap.