



**CLOCKED OUT:**  
On the upside, it is right twice a day.

## NOCTURNAL OMISSION

IS SLEEP DEPRIVATION KILLING YOU?

**DOCTOR'S ORDERS**

**BEEN A LITTLE . . .** sluggish and off your game lately? Find yourself moving thinly traded whale-oil futures and DDD– North Korean bonds because you're too beat to run with the big dogs? It's probably high time you hit the sack.

It will come as no surprise that a majority of Americans — and, we suspect, a veto-proof supermajority of traders — aren't getting their recommended eight hours of shut-eye a night. "It's a huge societal problem," tut-tuts Dr. David Neubauer, the (presumably well-rested) associate director of the Sleep Disorders Center at Johns Hopkins.

You're surely familiar with the irritability and decreased productivity associated with everyday fatigue, but chronic sleep deprivation — logging no more than five or six hours nightly for extended periods — can lead to more dire maladies such as hypertension, cardiovascular woes, obesity and diabetes.

The idea that you can (or should) repay your "sleep debt" by conking out till noon on Saturday, though, is little more than a popular fiction. "You don't need to pay it back, because how you feel *now* is a reflection of how you've been sleeping all week," Neubauer says. In other words, two or three nights of quality Z's will usually recalibrate you just fine. It's crucial, though, to stick to an established schedule, even on week-ends, to sync up your circadian clock. Likewise, avoid exercise, caffeine, alcohol and nicotine for at least three hours before lights-out.

In short, although these days an ambitious go-getter could easily trade global markets 24/7 if he wanted to, for optimal performance you'd best be unconscious 8/7 as often as you can. You'll sleep when you're dead, you say? Keep up those deficient nighttime habits, and you might get your wish a little sooner than you'd like.

**TUNES**

### Door Jams A NEW LIVE SET OFFERS JIM MORRISON DRUNK, DISORDERLY AND DISINTEGRATING

**IF YOU'RE A ROCK STAR**, dying before you hit 30 can be an excellent career move. Just ask Jimi Hendrix, Kurt Cobain or, of course, Jim Morrison, whose very public late-life collapse is captured in detail on *The Doors Live in Boston '70* (Rhino), a new three-disc document from the first night of the band's final tour. A year later, Morrison, 27, would expire of an overdose in a Paris bathtub.

Stalwart traders under 30, by contrast — like those celebrated elsewhere in this issue — should, for reasons of both profitability and longevity, stick to listening to Morrison, not emulating him. So sloshed was the Lizard King during these concerts that "a surgeon general's warning should be stickered on this recording," says Doors drummer John Densmore. Slurring through most of his material, an obviously pickled Morrison renders

"Ship of Fools" as "Shiv of Poo" and at one point informs the audience that "Adolf Hitler is still alive; I slept with her last night."

Yet despite occasional audio-obscuring crowd noise and an interminable band squabble about electrical problems onstage, this raw recording is an unearthed treasure that Doors obsessives (those who just can't get enough 10-minute organ solos) will greedily examine like archaeologists at King Tut's tomb.

It's probably smart for any trader, regardless of age, to confine his own drunken misbehavior to after the closing bell. And young guns interested in inclusion on next year's 30 Under 30 list can simply follow Morrison's sage career advice at the beginning of "Roadhouse Blues": "Keep your whys on the row," he bellows, "your hens upon ze wheer!" Couldn't have said it better ourselves.



**PUBLIC OFFERING:** Includes the seldom-heard finance dirge "Traders on the Storm"

WRITERS: CRISTINA VELOCCI (DOCTOR'S ORDERS); HILARY LEWIS (TUNES); PHOTOGRAPH BY MATTHEW FURMAN (CLOCK)

## TRADER TICKER



AVERAGE NUMBER OF HOURS OF SLEEP THE TYPICAL AMERICAN GETS PER WEEKNIGHT, ACCORDING TO THE NATIONAL SLEEP FOUNDATION



AVERAGE NUMBER OF HOURS OF SLEEP THE TYPICAL AMERICAN GETS, BY CONTRAST, ON WEEKEND NIGHTS