

Still Buffering 164: How to Sleep

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[theme music plays]

Raleigh: Hello, and welcome to *Still Buffering*: a sisters' guide to teens through the ages. I am Raleigh Smirl.

Sydnee: I'm Sydnee McElroy.

Taylor: And I'm Taylor Smirl.

Sydnee: Well, sisters, did you have a nice Easter weekend?

Raleigh: I did.

Taylor: I— yes.

Raleigh: Yeah.

Sydnee: Good!

Raleigh: [laughs]

Sydnee: I'm glad. I'm just checking!

Taylor: I mean, I— I didn't do anything Easter... oriented. I was at an anime convention all weekend, but, you know. That made it really nice. I saw a lot of cosplayers who made bunny versions of their cosplays and gave out chocolate.

Sydnee: Aww!

Taylor: So that was nice.

Raleigh: I thought you were just gonna say "dressed as the Easter bunny."

Sydnee: [laughs]

Raleigh: [laughs]

Taylor: No... no. I mean, that— you know, I guess that— that reads. Like, if anybody wanted to be the Easter bunny, I think that'd be fine. But instead, it was like— here's, like... a bunny All Might from *My Hero Academia*. Like, here's a bunny Sailor Moon! Like— I saw a bunny Elsa.

Raleigh: That's good.

Taylor: Yeah.

Raleigh: Charlie would've enjoyed that.

Sydnee: She would've. She— she asked me a very challenging question the night before Easter, as she was going to sleep. Um... she— I said, "Now you gotta get to sleep, 'cause the Easter bunny's coming."

And she said... um... "Like on *Teen Titans Go*?" Because the Easter bunny was on the episode of *Teen Titans Go*. And the Easter— in case you're not familiar with this cartoon—

Raleigh: [laughs quietly]

Sydnee: —if you've ever seen the Easter bunny on it, the Easter bunny is incredibly creepy on *Teen Titans Go*. And, like, that's the joke, is that the Easter bunny's weird and lays eggs and wants people to eat his eggs.

Taylor: Eugh!

Sydnee: Yeah. It's— it's all very— and it's—it's—

Raleigh: I mean, if you think about the story of the Easter bunny, that's kind of the always story with the Easter bunny.

Sydnee: Right. It's intentionally a little creepy. And I— and she said "Like on *Teen Titans Go*?"

And I said, "Now, you know the Easter bunny does not look like the one on *Teen Titans Go*." 'Cause I'm thinking, like, "That's a creepy thing to think about as you're a child falling asleep alone in your room."

Raleigh: For sure.

Sydnee: Like, that... small, creepy bunny is sneaking in my house tonight. And so I said it's not like that. And then she said, "What *does* the Easter bunny look like?"

Raleigh: [muffled laughter]

Sydnee: Literally how do you answer that question in a way that doesn't... horrify a child?

Raleigh: Yeah. I was talking to Mom and Dad about this, because they were saying like, "You know, we got you an Easter basket and everything."

I was like, "Oh, thank you. That's nice."

And, uh, I realized that I don't think any part of me ever believed in the actual Easter bunny. I think I always believed that it was Mom and Dad giving me an Easter basket of stuff, and I think that a big part of it was because I just didn't want to believe that a giant, human-sized rabbit was coming into our house and giving me stuff, because that's terrifying!

Sydnee: That's the thing. If it's a— if it's a giant rabbit...

Raleigh: Mm-hmm.

Sydnee: Scary.

Raleigh: Mm-hmm!

Sydnee: I mean, scary. If it's a normal sized rabbit that is smart enough... like, does it walk on two legs?

Raleigh: Also scary.

Sydnee: How does it carry the baskets? How does it put the eggs every— it doesn't have an opposable thumb. Unless it does! [laughs]

Raleigh: And then it's just a normal rabbit with opposable thumbs!

Sydnee: With thumbs!

Raleigh: [laughs]

Taylor: Hmm.

Sydnee: Like, what version isn't scary?!

Taylor: I don't— I don't—

Sydnee: Any?

Taylor: —I don't mind the little— the little— the regular sized super smart rabbit. I think that's kinda cute. It's like Rocket Raccoon, but a rabbit. And instead of guns, he wants to bring you chocolate!

Sydnee: But what— think of the eyes. Think of rabbits' eyes.

Raleigh: Yeah, I was just gonna say, I just saw the movie *Us*. There's a lot about rabbits in there. I don't really feel comfortable with one of them.

Taylor: Alright.

Sydnee: They have that look.

Raleigh: They have that look.

Sydnee: They're just looking at you. They just—

Taylor: No!

Sydnee: —they have that look.

Taylor: They're just cute little buns!

Sydnee: Jordan Peele talked about it. That's why he picked rabbits. He said they—

Raleigh: [simultaneously] That's why he picked 'em, just 'cause they're creepy.

Sydnee: —they have that— they look at you and they have that look in their eye like, "I'm going to eat you after you die," or something.

Rileigh: Yeah.

Sydnee: I don't know. They look creepy.

Taylor: What— what about, like, a medium sized rab— like, a little bit bigger than a regular rabbit—

Sydnee: [laughs]

Taylor: —but definitely not human sized.

Rileigh: Like a toddler sized rabbit.

Sydnee: [laughs loudly]

Taylor: Yeah. Doesn't—

Rileigh: [laughs]

Taylor: Doesn't walk upright, but kind of, like, "Doot—" like, kind of like—

Rileigh: No! That's worse! A rabbit that big that doesn't walk upright?!

Sydnee: [laughs]

Taylor: Wait, wait—

Sydnee: Does it hop?!

Rileigh: It hops?!

Taylor: [crosstalk]

Sydnee: [loudly] How high?! How high?!

Taylor: I— alright. But it's got a little vest on and a little hat and a bow tie. Hmm?

Sydnee: What color— is it, like, an Easter color? Like, is it pink? Or purple?

Taylor: I— I— no, it's rabbit colors. Natural. It's an au naturale rabbit. It's just— just wearin' a—

Sydnee: Some variation of rabbit fur?

Taylor: Yeah!

Rileigh: Hey, what about the eggs, though? Because rabbits don't lay eggs. Why is that a thing that the Easter bunny leaves?

Taylor: Because, he has a bunch of chickens that help him out. It's like Santa has elves.

Rileigh: [laughs quietly]

Taylor: The rabbit has chickens. And they do not get enough appreciation. The League of Cute Little Chickens that help out the medium sized rabbit in the colorful vest bring you Easter.

Sydnee: These are— these were all, uh, traditions that came from other various, like, religious... uh— other than Christian, I mean, you know? Because you think of Easter as, like, a Christian holiday.

Rileigh: Yeah.

Sydnee: These are all, like, traditions. We— Justin and I watched a little thing about it, because we both were sitting there that night thinking, like, "Why a bunny, and why eggs?"

Rileigh: Yeah.

Sydnee: And eggs have to do with, like, new life and spring and fertility and, like, this time of year, and so it had long been a symbol. And, like, you would paint them red to celebrate, like, the coming of new life that happens in the spring.

Rileigh: That's still freaky. That's still freaky.

Sydnee: So, there were some religious traditions that did that. And then the bunny was a symbol, again— it has something to do with the spring and the changing of the seasons and new things growing, and the bunny was a symbol of that. And the two were kind of, like... mused in to the holiday... after... Christians started celebra— I don't know. They all got— you know.

Taylor: Oh, yeah.

Sydnee: A lot of these traditions do.

Taylor: Like Christmas.

Raleigh: Yeah.

Sydnee: I mean, it's the same with Christmas.

Taylor: Yeah.

Raleigh: Yeah.

Sydnee: Yeah, a lot of stuff that gets, like, mused together into a new celebration that is really a bunch of different religions, but... one will claim it or something, yeah.

Raleigh: Just the end result— maybe someone should've thought about a little bit more that we got a giant rabbit hoppin' around, givin' people... Peeps and stuff.

Taylor: Nah, nah. I'm sorry. I— if I— you can't tell me that if a dapper, medium sized rabbit—

Raleigh: [laughs]

Taylor: —with a flock of helpful chickens wanted to bring you joy, you wouldn't look at them and say, "Hey. Bring me to your Easter land. This world is garbage. I wanna live among the chicken people."

Sydnee: The original—[laughs] the original Easter bunny was called the Osterhase.

Taylor: Okay, I don't like that name.

Raleigh: [laughs]

Taylor: I feel like—

Sydnee: I didn't either. I thought about that— it's like a European— I think it's like a— a German tradition. It comes from Europe, and the Osterhase would come to your house. [laughs] And... if you're lucky, I guess, leave you eggs.

Raleigh: I never got Easter. [laughs]

Sydnee: Nah. I can't say it's one my favs. [laughs] Um... I— I like Peeps.

Raleigh: Peeps are good. Jelly beans are good. Um...

Sydnee: I like Cadbury mini eggs.

Raleigh: You like Cadbury mini eggs.

Sydnee: Mm-hmm.

Taylor: I— I just... I like that, like, young Taylor used it as a bargaining device for things that she wanted. 'Cause I'd be like, "You know, I don't really like candy. Like, I'm not a big candy fiend. But you know, the amount of candy that the Easter bunny brings me would equal, like, one anime VHS tape. So, like..."

Raleigh: [laughs]

Sydnee: [laughs] Yeah.

Taylor: "You know. Maybe— maybe, mom, pass along a note to the old Easter bunny that, like, you know, if you really wanna make me happy on Easter, like, maybe candy's not my jam!"

Sydnee: The, uh— the stuffie that they each got in their Easter basket this year— 'cause I usually put, like, some little cute stuffed thing.

Raleigh: Yeah. You did this year, didn't you.

Sydnee: I did. I got them each—

Rileigh: [sighs]

Sydnee: Um, they're animals that are nursing little baby animals, with, like— they have magnetic nipples, and you can stick— one's a bunny and one's a kitty—

Taylor: Wait, wait, wait!

Sydnee: —and you can—

Taylor: O— okay. So the Easter bunny scares you, but you're like, "No, I want my children with play with this?"

Sydnee: Yes!

Rileigh: Yeah, Taylor. It's the worst thing I've ever seen.

Taylor: Magnetic nipples!

Sydnee: [simultaneously] They love them!

Taylor: You just said *magnetic nipples*!

Sydnee: They do! The— the parent cat and the parent rabbit each have magnetic nipples, and they nurse their little babies, and you can stick the little babies to them—

Rileigh: Sydnee, I cannot believe you are my sister right now. I don't know who you've become.

Sydnee: And they love 'em! And both— both Charlie and Cooper were sitting there, holding the little babies to— to the— the big bunny and the big kitty going, "Boob boob boob boob—" [laughs]

Rileigh: [laughs]

Sydnee: —and then Cooper was goin' "[smacking noises] Boob boob boob."

Rileigh: Ahh! [laughs]

Sydnee: [laughs] It's... natural! It's normal.

Raleigh: You pulled that stuffie out of the bag and you were so excited. I was like, "Aw, this is gonna be a cute thing."

Sydnee: I love it!

Raleigh: And then you just started detaching the small animals from the nipples of the big one. Like, "Isn't that so cute—" [loudly] No! That's not cute!

Sydnee: We had a great conversation! Charlie, after—

[beeping noise in the background]

Sydnee: —playing with this looked at me and said, "So cats have nipples?" And I said, "Yes." And she said, "I've never seen CJ's."

So then we went and examined CJ's nipples.

Raleigh: [inhales] Sydnee!

Sydnee: Well, we didn't bother her! We just, like— I pointed. I, like, moved her fur and said "See, there they are."

Raleigh: [through laughter] "We went and examined her nipples!"

Sydnee: No, we— we talked about... mammals, and feeding... babies, and—

Raleigh: And then you talked about how—

Sydnee: —connected it all to breastfeeding.

Raleigh: How rabbits have nipples as well.

Sydnee: Yes?

Raleigh: And then Charlie said, "Well, wait. Then why does the Easter bunny lay eggs?"

And then it all just circled back.

Sydnee: [laughs] It was a beautiful conversation. It's all very natural and normal. Normalize breastfeeding. It's fine.

Taylor: I'm not— I'm not against it!

Raleigh: I don't have any problems with breastfeeding. Yeah! [laughs]

Sydnee: I know, I know, I know.

Raleigh: [through laughter] It's the— the stuffed animal version!

Sydnee: Uh, so...

Taylor: Just— stuffed animal with magnetic nipples. I'm sorry. That's— I don't need that to be normalized. Go ahead.

Raleigh: [laughs]

Sydnee: They're beautiful. It's beautiful.

Taylor: [hisses]

Sydnee: Life. Feeding— feeding young life. Anyway, uh, when'd y'all get up this morning? [laughs]

Raleigh: 8:45.

Taylor: Uh, I was up at 8 AM.

Sydnee: Hmm. Me too. I don't know if we win or lose this.

Raleigh: [laughs]

Taylor: Well, I will say, I got up at 8 AM because I was, uh, meeting a friend at the gym to work out. And then I got home and I went back to sleep.

Raleigh: Mm-hmm.

Sydnee: My, uh— my kids woke up at 7:00 and 7:15, and Justin was gracious enough to allow me to sleep til 8:00.

Raleigh: That's nice.

Sydnee: 'Cause Cooper woke up a lot last night, so. There is nothing as delicious as that 30, 45 minutes of sleep that I get sometimes as, like, a little reward. Like, "You were up a lot with the baby. Go..."

Raleigh: "Take a nap."

Sydnee: Yeah, take a quick 30. Oh... it's great. [laughs] Anyway, uh, I don't stay up late anymore. That's hard for me.

Raleigh: Mm-hmm.

Taylor: Hmm.

Sydnee: Hmm. I am— I am an old person, and, uh, late for me is 11:30.

Raleigh: That's... wild.

Sydnee: We were watching both the *John Wick* movies 'cause I told Justin I would, and I made it halfway through the second one, and it was 11:30, and I said, "We'll finish this tomorrow." [laughs] I'm— I have seen there's a third one. I'm assuming he doesn't die.

Raleigh: I... think I stayed up until... 2 o' clock last night, and that is usually pretty typical. It's an early night for me if I am asleep by midnight.

Taylor: Yeah. I mean, I kind of have a nocturnal schedule anyway. Like, I have a few day shifts, but most of my shifts are late at night. So it's like— I get, like— I don't think I sleep that much, I just sleep at weird hours. Like, I won't sleep til, like, 4 or 5, so when I tell somebody that I slept in til, like, noon, they're like, "Wow, luxury."

It's like, "Well..." [laughs]

Raleigh: Yeah.

Sydnee: It was, like, a normal amount of sleep, just started a lot later.

Taylor: That's— I don't know. I feel like—

Sydnee: Well, and I—

Taylor: —yeah, go ahead.

Sydnee: Oh, I was just gonna say, I think you're a little bit— like, because of your job it changes the... the conversation about— like, for me, I have gone to bed earlier and earlier as I've gotten older. Obviously, your schedule's always gonna be different because of the work you do.

Taylor: Right.

Sydnee: Um, but I think in general, most of us do. And I was thinking about, like, as a teenager, the idea of bedtimes and curfews and going to bed and staying up late, and, like, how radically different that time period is.

Taylor: Yeah. Definitely, like, when you're a kid, there's very— there's a very distinct idea of "There are hours you are supposed to be awake, and hours you are not supposed to be awake."

And there are, like, two or three wiggle hours on each side of that that you can kind of push, but after that it's like, if you're up at 3 o' clock in the morning on a school night, you are breaking a law. [laughs]

Raleigh: Yeah.

Sydnee: [laughs]

Taylor: You will pay for this horribly, somehow. I don't know how.

Sydnee: And I remember thinking, like, as I got older, like, "Oh, mom and dad aren't gonna come up and tell me to go to sleep, so... I'm gonna do what I want."

And then the next day in school being like, "Perhaps I have..."

Raleigh: "Made a mistake."

Sydnee: "... made a mistake." [laughs]

Raleigh: [laughs]

Sydnee: "This was a miscalculation."

Taylor: Yeah, it is—

Raleigh: Yeah. I remember—

Taylor: Go ahead.

Raleigh: Like, that moment when that certain show comes on at a certain time and you're like, "Oh, this is on? That means I need to go to bed."

For me it was always— like, dad would always turn on the news that came on at 11 o' clock, and it always started with that guy saying, like, "It's 11 o' clock! Do you know who your children are with?" And, uh—

Sydnee: [laughs]

Taylor: Wait, that's—

Raleigh: —whenever that guy came on TV, that was always my signal. Like, "Ope! My— my parents' child needs to be with the... bed. Sleep time." You know. That's where I need to be. [laughs]

Taylor: Do they—

Sydnee: Do— I think that changed to 10 later.

Raleigh: Did it?

Taylor: Well, and I thought it—

Sydnee: Or—

Taylor: —used to be— yeah. I thought it was— it's—it's, what, 11 PM? Do you know where your children *are*?

Sydnee: Yeah. I thought it was—

Raleigh: See, I thought it was, "Do you know who your children are with?"
[laughs]

Sydnee: See, that's what I remember, but I remember it—

Taylor: [simultaneously] They're both creepy. That would be creepier.

Sydnee: "It's 10 PM. Do you know who your children are with?" That's what I remember.

Raleigh: We all grew up in different universes.

Sydnee: Yes.

Raleigh: This is a Mandela effect. [laughs] It is different for each of us.

Sydnee: Either way, this meant it was time to go to our rooms.

Raleigh: Yes.

Sydnee: And not sleep. We— and I should clarify: none of us ever had bedtimes.

Taylor: No.

Raleigh: Yeah.

Sydnee: We had— we had times where we were sentenced to our rooms.

Raleigh: Yeah.

Sydnee: Um, but our parents never really enforced what happened after— I mean, Taylor, do you ever remember, like, actually having a— like, come and check, "Are you asleep?" time?

Taylor: No. I think it would only be, like, if we were making noise. But even then, I mean... it was— there was a time that you needed to be upstairs and in your room. And after that, all bets were off.

Rileigh: I think I just loved sleep so much, and I always have, that it was like "Yeah."

Sydnee: [laughs]

Rileigh: "I'm just gonna go to sleep now. And then they'll decide when I wake up. They know what time I have to wake up for school. That's what they'll take care of, and I'm just gonna sleep until then."

I think I was just always content going to sleep. I never really stayed up after I went to bed when I was still living at mom and dad's house.

Sydnee: Did wake your— you didn't wake yourself up in high school?

Rileigh: In high school.

Sydnee: Oh, okay. I was gonna say.

Rileigh: Yeah, no. I mean, like... growing up. Like, elementary, middle school.

Sydnee: 'Cause I loved— like, I took control of getting up and getting ready for school, like, as soon as they would let me. Because I pushed that to the last possible—

Rileigh: Right.

Sydnee: —like, I had my morning routine down to, like, a tight ten.

Taylor: Yeah.

Sydnee: [through laughter] Like— I need no more time— like, from bed to in the driveway backing out was ten minutes. [laughs] Uh, because I could. So, I loved setting my own alarm. That was like my...

Rileigh: I will say, dad still, like, checked to make sure I was awake, and would come in, like, when he would get up, because it took me a lot longer to get ready as I was starting through high school, so he'd come in and make sure I was awake. But as I got to, like, my junior and senior year, he'd come in and, like, wake me up, make sure I was awake, and then I'd have that second alarm set on my phone for an extra, like, 45 minutes. And I'd just, like, get up and shut my

door. Like, "Oh no, I'm getting ready," and then just get back in bed for another 45 minutes until I actually needed to get up.

Taylor: Yeah. I did, like, that move. Like, where you wake up, you get ready as fast as possible, and then you go, like, "Ha ha! 20 minutes! I can lay back down."
[laughs]

Raleigh: Exactly!

Sydnee: Oh, no. I couldn't do that. I had— I had to do— I had to get ready, like, right before I walked out the door.

Raleigh: Hm.

Taylor: Hm.

Sydnee: I couldn't. I couldn't. If I laid back down, I was ruined. [through laughter] I was done for.

Raleigh: Yeah. I've gotten better at that now that I'm in college, mostly because I have found that my roommate and I, this semester at least, have the same exact starting times of classes every day of the week, except for one when she gets up for an 8 AM class and I don't have class until 10.

But every other day, we both have class at 10, so we have an alarm— it's like a little, like, back and forth type system.

Sydnee: [laughs]

Raleigh: Like, I have my original one set for, like, 8:45, and then we both hear, and we both kind of like, you know, get up. Like, get up the first time. Then we both set another one for another, like, 15 minutes. And then it's like, "Oh, it's 9:15, 9:20. Maybe we should start getting up."

And then if I see she's awake it's like, "Okay. I should probably get up and start getting ready now."

It's nice to have another person make sure I'm not oversleeping.

Taylor: [laughs]

Sydnee: I always thought it was weird if I slept over at somebody's house. And, like, I remember times where it was like, a parent would come in and be like, "Okay. Turn off the lights. It's bedtime. You have to go to sleep now."

And I remember thinking, like, "What?"

Raleigh: [laughs]

Sydnee: "Why? Like, no, that's— we're in the room."

Raleigh: Yeah!

Sydnee: "Like this is when I read *Archie* comics!"

Raleigh: [laughs]

Sydnee: [laughs] "This is when I stay up late and watch—" gosh! It wasn't even like I was rebelling. Like, I would stay up late at night so that I could watch *Dragnet...* and *Get Smart*?

Raleigh: [muffled laughter]

Sydnee: [laughs quietly] And sometimes *I Dream of Jeannie*, *Bewitched*— like, these are the things I stayed up late to do! *Perfect Strangers* was on there eventually. Like...

Raleigh: See—

Sydnee: The *real* trouble.

Raleigh: Yeah. When I stayed over at someone's house it was always, like, those nights where I was like, "This is gonna be buck wild. I'm gonna be awake until... one in the morning."

Taylor: Ha!

Raleigh: "This is crazy."

Sydnee: [laughs]

Rileigh: I mean, like, when I was younger. Like, you know, elementary school, middle school. And then as I got into high school it's like, "Oh, I'm staying at someone's house? Oh, I'm gonna be awake until 4:30 in the morning, and then I'm just gonna sleep the entire next day."

Taylor: Right.

Rileigh: As soon as I get home. It was never, like, a bedtime thing for me. I think it was always like, "Ooh, a sleepover! I'm staying up *late!*"

Taylor: I— I think I just— I never—

Sydney: I— oh, go ahead, Tey.

Taylor: Oh, no. I was saying, I don't think I ever had, like, a... a don't wanna say a *healthy* relationship with sleep, but, like, a normal one, by no means. Because, like, it was definitely—

Sydney: Yeah.

Taylor: I would go into my room and just be like, "Yes, totally goin' to sleep! It's like— it's 9 o' clock! Like, nope, definitely going to sleep!"

And then I'd stay up til 3. Or, like, at sleepovers. I was always that one kid that would just not go to sleep. Like, "But, I'm here. I'm awake."

Like— even, like, as a kid— like, mom was like, "Oh, you would just wander around the house like a three-year-old 'cause you wouldn't sleep at night."

And I was like, "Was that cool? [laughs quietly] Like, was that good?"

I feel like I have the job that fits my actual— like, the way my brain wants to sleep now. 'Cause it's like, sometimes you work at 8 AM. Sometimes you work at— at, you know, 6 PM and you're up til 4. We don't know what's gonna happen. Any day is different. It's never normal. It's never regulated. [laughs]

Sydney: Well, 'cause you were always good at catching up on sleep, 'cause you could nap. You napped all the time.

Taylor: Well, that's like now, even. Like, I'll go, like, five days in a row on maybe, like, four or five hours of sleep, but then I'll have a day where I just die. Where it's like, "You know what? This is a bed day. All day long."

Raleigh: [through laughter] A bed day.

Sydnee: Which... technically, I should mention this as a medical professional— technically you can't do.

Taylor: Right.

Sydnee: You can't catch up on sleep.

Taylor: People have told me this, but... [laughs]

Sydnee: Yeah. [laughs]

Raleigh: It doesn't mean you still don't do it.

Sydnee: You don't get to bank sleep for future use. [laughs]

Taylor: I just— I don't know.

Raleigh: I think that's something I've always done too, though. Because, I mean, in high school I was getting up at six in the morning every morning to get ready and go to school on time. But— so, like, for me, if I was in bed at midnight, that was, like, late. Like, "Oh, I'm going to sleep at midnight. I'm only gonna get six hours of sleep." And it was usually later than that when I had homework to do.

But now that I don't have to get up most mornings until, like, 9 or 10 o' clock, like... I stay up until 2 or 3 thinking like, "Man, I'm still gonna get seven or eight hours of sleep. This is great!"

And then on the weekends, it's like, even if I have those random nights during the week where I only sleep, like, five or six hours 'cause I was up doing work, like, I'll just sleep on the weekend for, like, 12 or 13 hours at night, and then by Monday I'm like, "Well, not gonna get any sleep, but I slept for, like, 36 hours this weekend, [through laughter] so I'm fine!"

Sydnee: I— I can't understand— here's what confuses me. I, as a— when I was younger, I would stay up, like, on Saturday specifically to watch *Saturday Night Live*.

Raleigh: Mm-hmm.

Sydnee: When I was, like, a teenager. And— which was on late. And— I mean, at the time that didn't seem that late. "Aw, whatever. I can stay up past this."

I always remember thinking, like, there are the late shows like *The Late Show* and *The Tonight Show* and stuff like that, and, like, I guess I'll watch those when I'm older. That's not really my thing now.

Um, but now that I'm old enough, I guess, that I— I conceivably would enjoy those shows, I, um, can't stay up that late.

Raleigh: [laughs]

Sydnee: Who are they for? [through laughter] Adults can't stay up that late! Who's watching them?

Raleigh: I mean, if you're like dad, you record them and then watch them the next day.

Sydnee: [laughs loudly]

Taylor: [simultaneously] Oh, no.

Raleigh: At, like, 6 o' clock in the evening.

Sydnee: [laughs] I don't under— well, I mean, that's what we do with SNL.

Raleigh: Yeah.

Sydnee: Like, that's— we still watch SNL, but we record it and, like, watch it the next day. [laughs] 'Cause I can't stay up that late.

Um, it used to seem like no big deal! And, like, we'd— I— I—okay. We need to take a break, but before— but, uh, before we do, I want to contemplate, like... the time that you went out when you were a teenager, and probably now, Raleigh, and

the times that I "go out"... [laughs quietly] and I'm using that in quotes— "go out" now.

Raleigh: Yeah.

Sydnee: And how vastly different that is.

Raleigh: Yes.

Sydnee: Uh, but before we do that...

Raleigh: Let's check the group message.

Sydnee: Uh, sisters, we have a wonderful new sponsor this week on *Still Buffering*. I wanna—

Raleigh: Who is that?

Sydnee: I wanna tell you both about Harper Wilde. Uh, because... bra shopping is rough. Um, especially, like... you know, we've— as I've already mentioned, I am in a— I am in a breastfeeding moment in my life. And, uh, that kind of changes things, changes your bra needs. [laughs quietly]

Raleigh: Mm-hmm.

Sydnee: A little bit. And, um, it's hard to find a bra that is, like, comfortable and supportive and you can wear all day, and that you're not just, like, dying to take off. Like, imagining that wonderful moment at the end of the day where it's like—

Raleigh: Where you just, like, pull it through your sleeve. God, yeah.

Sydnee: Yes. "Ahh, it's finally over. I can take a bra off. Nobody's gonna care... who's going to see me from this point of this point of the day on."

Raleigh: [laughs]

Sydnee: Uh, that's— it's hard to find something like that, and Harper Wilde has a free home try-on that allows you to find the perfect fitting bra right at home.

Uh, the female founders set out to design a bra that provides support with comfort and quality in mind, and I can tell you that they have achieved that. Uh, I have— I got a bra from Harper Wilde, and it is— absolutely it is true. It is so comfortable. Uh, there's no pokey underwire. It— I was wearing it and I forgot I was wearing a bra.

Raleigh: Mm-hmm. That's the best feeling.

Sydnee: And— and it's totally supportive, which I look for these days in my— like I said, with my boobing...

Raleigh: [snorts]

Sydnee: ... that I do. [laughs quietly] Uh, and Harper Wilde donates a portion of their sales to organizations dedicated to empowering women.

Raleigh: How wonderful!

Sydnee: So it's a wonderful company I would— I would highly recommend. Free at-home try-on, shipping is covered both ways if you find that it's not your right fit. But I will tell you, it has become, like, my— my go-to, every day, wear anywhere, all day long bra. Um, super comfortable. I would— I would highly suggest you check it out.

So, Raleigh, if our listeners want to check out Harper Wilde, where should they go?

Raleigh: You should go to harperwilde.com/stillbuffering to get started today with a free at-home try-on, a free bra wash bag, and that's three bras you get to try on, so make sure you select three bras, and don't forget to add that wash bag to your cart, too. That's harperwilde.com/stillbuffering to get— to, uh, try on three bras at home for free and receive a free gift. So, harperwilde.com/stillbuffering.

Sydnee: So, I remember, uh, when I was a teenager, thinking, like— and especially as I moved into college— the time you go out is... I mean, at the— at the earliest—

Rileigh: Well, what do you mean when you say "Go out?" Like—

Sydnee: When you leave to go out with your friends.

Rileigh: Okay.

Taylor: To go party!

Rileigh: Like a party, okay.

Sydnee: Yeah.

Taylor: Yeah.

Sydnee: It's a party.

Taylor: Like a party.

Sydnee: Like, an early evening would be if I left the house at 10.

Rileigh: Yeah.

Sydnee: That would be early.

Rileigh: Yeah.

Taylor: Yeah.

Sydnee: Like, "I'm— I'm gonna start partying early tonight. I'm leaving at 10:00."

Rileigh: Yeah. That's about right.

Sydnee: It is— it is beyond, uh, my imagination that I would be away from my home past 10 right now. [laughs] Like, I cannot fathom a situation in which I wouldn't be already back before 10.

Rileigh: Yeah.

Taylor: Hm.

Rileigh: See, it was different for me in high school. In high school, going to parties and such— unless it was, like, a, um— a sleepover I was going to or, like, a party where I could stay the night after, um, I had to be home usually most weekends by, like, 12:30 or 1 was my curfew.

Sydnee: Mm-hmm.

Rileigh: So— and that was usually the same for most of my friends, so if we couldn't stay the night then most of us— like, we went to the party at, like, 7 or 8, and then we stayed for a few hours and all had to leave by, like, midnight or 1. But now that I'm in college, I don't *have* a curfew, so most of the parties I go to, I don't usually leave my dorm until, like, 10? 10,30? Maybe? Usually later?
[laughs]

Sydnee: Taylor, do you ever remember having a curfew?

Taylor: Oh, I definitely did not have a curfew. But, I mean, I think that's because mom and dad... knew who I was. [laughs] Like... I would stay up, like, roleplaying on the computer with my friends until 6, 7 o'clock in the morning. But I would be alone in the upstairs, where they knew where I was. I didn't manage to get my drivers license until I was, like, 18. So it was like, "Where is she gonna go? Nowhere. No curfew needed! This kid's lame." [laughs]

Rileigh: I never had a time I had to go to bed throughout high school, but I did definitely on the weekends have, like— I had a weeknight curfew, and I had a weekend curfew, throughout especially my senior year of high school where, like, if I was gonna go hang out somewhere on a weeknight, I had to be home by 10:30. if I was going to go somewhere on the weekend, I had to be home by... eh, it started out as 12:30. Towards the end of the year it closer to, like, 1 in the morning.

Sydnee: It was, uh— you know, it's weird. I was talking to Justin about this, and he was saying that he had a curfew in college, still, because he lived at home.

Rileigh: Oh, he lived at home.

Sydnee: So— so he still had curfews in college. And it's weird to me, because— like you said, Tey, I never had a curfew either, and I *did* drive. I mean, I got my license at 16. I was driving around on my own. And it was just, like... we would

agree on a time that I would come home kind of ahead of time, and it was always situational.

Rileigh: Yeah.

Sydnee: Like, if I was gonna be at a friend's house who lived close— like, I remember goin' to a party up the street, and I just came wandering home whenever. Like, mom and dad didn't care. Um, if they— like, especially if it was somebody they knew and they lived in the neighborhood, whatever.

But, like, uh, when I had a boyfriend and would go out, we would just kind of, like, talk about it. Like, in front of him!

Rileigh: Yeah.

Sydnee: Like, "What time is the thing you're goin' to? Okay." Or, like, we would go— we went to concerts and drove back. So I'd get back at, like, 3 or 4 in the morning, 'cause we were driving back from Columbus.

Rileigh: And I've done that too. Like, there were definitely times where Mom and Dad would be like, "Oh, you're going, you know, to Cincinnati or Columbus or whatever, so you're gonna be back later."

And that was always fine. But it was situational. It was always, like, depending on what I was doing.

Sydnee: I can't believe I was allowed to do that.

Rileigh: Yeah.

Taylor: Well, I—

Sydnee: I would not let my kids do that!

Rileigh: [laughs]

Sydnee: [laughs] I'm gonna be such a— I'm gonna be so much stricter! Like, "No! No, you can't drive to Columbus with your boyfriend! No!" [laughs]

Taylor: I think our parents just trusted us.

Rileigh: Yeah.

Sydnee: I guess that— I guess.

Rileigh: I think that none of us—

Sydnee: I mean, we were trustworthy.

Taylor: Also—

Rileigh: Yeah, none of us ever did anything bad!

Taylor: And Syd, a lot of those trips to Columbus, you had your lame younger sister in your backseat, [through laughter] drivin' her too!

Sydnee: That's true. Well, not only then did they let *me* stay out that late, they let *you* stay out that late, and I was responsible for you!

Rileigh: [laughs]

Taylor: I— I remember one of your— your boyfriends saying, like, "Well, we're driving a minor over state lines, so... [laughs] here we go."

Sydnee: Yeah, that's true!

Rileigh: Mm-hmm.

Sydnee: Yeah. I— you know, throughout my— throughout my adult life, I think I technically kidnapped both of you multiple times.

Rileigh: Oh, for sure.

Sydnee: [holding back laughter] Took you across state lines.

Rileigh: You know, that's one of those weird things that became weirder to talk about with Mom and Dad. Like, the summer after high school as I was starting college, and now when I've been home, like, for breaks and stuff, and I'm about to move back home for the summer again— it's like, last summer I still lived at home. I hadn't started college yet. I was still 17, but they were like, "Well..."

you're about to start college, so I guess your curfew doesn't really matter anymore. Just, like, let us know when you're coming back so we know you're not, like... dead."

Um, and now when I come home for breaks it's like— there's always that weird moment where it's like, "Oh. Well, um... yeah. Just, like... keep me updated, I guess. Like, I guess I'm not gonna ask you when I have to be home, because..."

Sydnee: Do you think— do you think technology changes that? I— this is what I'm wondering. Like, Tey, when you and I were younger, the idea of us just leaving and not setting a time at least, like, even if it's situational, to come back, was kind of scary.

Raleigh: Well, yeah.

Sydnee: Because there was no way for anybody to get in touch with us unless they knew whose house we were going to. You know, like, it was just... "Okay. I mean, bye. You better come back."

Raleigh: [laughs quietly]

Sydnee: Whereas now, like, you can— you can so easily— I mean, with apps like "Find My Friends" and with— you know, obviously you can just text people, like, "Where are you?"

Raleigh: Yeah.

Sydnee: And check in on 'em, and then have 'em call. And then if you're breaking curfew, it's not like you can sneak back in unless your parents are gonna go to bed. So, if your parent's like Mom...

Raleigh: Yeah.

Sydnee: She waits up.

Raleigh: Oh yeah.

Sydnee: Like, you *can't* get away with it.

Raleigh: Yeah.

Sydnee: 'Cause she's just gonna call you and say, like, "Um... where are you?"

Raleigh: Yeah. I honestly think it— it helps that I have a phone I can text Mom and Dad with. It's mostly Mom. [through laughter] Dad usually falls asleep whenever.

Sydnee: Oh yeah. Yeah, Dad did not wake up— wait up.

Raleigh: Mom will wait up. Um, but— I mean, it's things like, over Christmas break I want to go out and do things with friends or whatever. And I didn't have that same 12:30 curfew, but Mom would just be like, "Well, just, like, text me when you think you're close to coming home so I know when to expect you coming home."

So I would just text at, like, 2 or whatever and be like "Hey, I'm coming back in 10 minutes, or 15 minutes."

And then it was never a thing like I had to set a time beforehand and decide when I was going to have to leave somewhere, so I can just tell her after.

But that was never something I could do in high school, because it was stricter in high school about when I had to be home and stuff. Which, again, is a very weird... differentiation for me. Because, like, it was just a difference of, like, a day. Like, "Oh, [through laughter] I graduated high school on this day, and I guess the next day, like, I'm... an adult now? I'm still 17. I'm not sure what this difference is."

Sydnee: I don't— I don't know. I just— I— it just— it's intriguing to me, the idea that, like... before you're sending your child out in the world and telling them when to come back and hoping back safely and knowing that, like, you can't really track them until they return. Now, there are a million different ways to keep track of exactly where your kid is.

Raleigh: And when— yeah.

Sydnee: And demand they return at any moment. Whether they obey or not, I guess, is different. But, uh, I don't know. I just wonder how that changes— does it make it more likely that you would let your kid kind of do their own thing, 'cause you could be in touch with them the whole time? Or are you more

controlling because you *can* be? Now you have the tools to trace your kid everywhere, so...

Raleigh: When I first got my license, Mom tracked my phone, and then would make me, like, text her, like, when I got somewhere, and then when I was leaving somewhere to go somewhere else or to go home or whatever. Um, I guess as more of a safety thing?

Like, it was the first time I was driving by myself so it was like, "Hey, I'm tracking you so I can know that you're safe, and in case you, like, you know, wreck somewhere or something. Like, I know where you are. Or something happens—"

Sydnee: You still have not put Find My Friends back on your phone.

Raleigh: No, I haven't.

Sydnee: [laughs quietly] I find that endlessly frustrating.

Raleigh: Well—

Sydnee: I like to check and know where you are!

Raleigh: That's weird. You're not my Mom! [laughs]

Sydnee: I know, but I'm your older sister, I just like to—

Raleigh: Okay, here's the thing. If— I have thought about this before, and if something—

Sydnee: I check in on Mom.

Raleigh: I know, I know.

Sydnee: [laughs]

Raleigh: But, like, if something bad were to happen in any case with me, "Find my iPhone" is still activated. So if my phone is with me, someone can still log in to my account. Which, like, Mom and... pretty much everyone know my password for everything. Like, you can log in and see where my phone is. It's just not, like, on your phone. [through laughter] You can't always check and see where I am.

Sydnee: I don't think that's wei— do you think that's weird, Tey?

Taylor: Mm...

Raleigh: [laughs] Teylor, would you check up on me to see where I am? [laughs]

Sydnee: I wish you had it too, Tey!

Raleigh: [snorts]

Taylor: Well, I was gonna say, I guess my first thought was, "Why don't— you don't— you don't care where *I* am."

Sydnee: I wish you had it too!

Taylor: I don't know. I mean, I feel like when it's family it's just, like... it's—

Sydnee: I just like to look and see where you are sometimes, and just know. That would make me happy. Justin and his brothers do it, and check in on each other, and... like, Justin'll troll one of his brothers if they're somewhere where he know— like, Griffin was at Disney and he was, like, trolling him. Like, "Hey, how are you enjoying 'It's a Small World'?" [laughs] I mean, like, I wish I could do that to you all! I wish I could know where you are!

Raleigh: But I'm a— I'm a college teen, trying to live my independent adult life.

Taylor: I get that, but I do feel like for safety it is— it is such an easy thing to have. Just to see, like—

Sydnee: Mm-hmm.

Taylor: —where is somebody? Like, they're going in a place— they're— they should be here and they're not, they're moving in a strange direction— like, I don't know. Not even checking in for that reason.

It's just kind of like— a lot of, actually, my friends— and I think this is kind of, like... I... sleep— the thought of, like, how sleep affects, like, your social life when you're an adult.

It's— now it's kind of bugging me out, 'cause I'm realizing it puts you in very different classes in adulthood, when you don't have regular sleep schedules. But, because I'm, like, single, all my friends are single, a lot of my friends also are bartenders, we kind of have a... a family of our own? And so many of my friends— I'm on their Find My Friends partially so we can see, like, "Hey, maybe you're in my neighborhood. Like, who's around?"

But also for that odd chance that, like, I'm late to something or, like, you know, one of my friends doesn't show up for a shift or something.

I know where they are and I can, like— it's like a safety net. Like, it's just knowing, like, people you trust, so that if something goes wrong, you don't show up, for whatever reason you're not where you're supposed to be, all these people can, like, look and say "Well, they're here." Like, you know, I'm— I'm close to there.

Raleigh: Yeah. And, I mean, I don't have a— like, I'm never anywhere where, like, I shouldn't be for any reasons. Like, I don't have a problem with it—

Sydnee: Then why do you care?

Raleigh: —but— okay. Here's where it gets frustrating for me. Here's—

Taylor: [laughs]

Sydnee: If you're not doin' shady stuff, why do you—

Raleigh: [simultaneously] Here's where it gets—

Sydnee: —why don't you my knowin' where you are?!

Raleigh: Here's where it gets frustrating. When I was with Justin on a trip, I believe to go see Taylor—

Sydnee: Yes.

Raleigh: —I was flying with Justin. We were in the airport together. I was with Justin, a trusted adult, the entire time. We had the same flights and everything.

Mom had just gotten "Find My Friends" for me because I had just started driving, and we were about to get on a plane, so I don't know if, like, my phone, like, didn't have very good service or, like, airplane mode, whatever— Mom had texted Justin and I both, like, 20 times freaking out because on Find My Friends it looked like I was across the street from the airport and Justin was in the airport. And Mom freaked out—

Sydnee: Well...

Raleigh: —like, "Why are you across the street?!"

Sydnee: I don't think this is— okay. That— maybe that one incident was annoying, but this does not justify—

Taylor: No.

Sydnee: —not having Find My Friends. I do not believe this is a justification.

Raleigh: I'm just saying that, like, it's not always accurate. And then sometimes it, like, has a huge radius around where someone could be, and it's never exactly right where someone is, and then I—

Sydnee: [quietly] Just refresh it, and it makes it better..

Raleigh: It doesn't always.

Sydnee: I check obsessively to know how long it's going to be until Justin gets back with dinner. I wanna know when he's returning with my pho. [laughs]

Taylor: Well, I don't know if that's—

Raleigh: I think technology has spoiled you, Sydnee.

Taylor: I don't know if that's the best use.

Sydnee: Which is on GrubHub now, so...

Raleigh: [laughs quietly]

Sydnee: I don't have to worry about it.

Raleigh: [laughs]

Sydnee: [laughs] I'm just saying— well, I mean, I— the only people who would let me have— who would let me add them—Justin and Mom and Clint. I don't have you guys on... [laughs quietly] Find My Friends.

If you would let me, I would trace you two also! And then it would just make me sleep well! I like to check— I— I like to check that! Like, see everybody's where they're supposed to be and fine and safe—

Raleigh: But I also still, like, if I leave the house or leave somewhere, I still text Mom like, "Hey, I'm back at my dorm. Just letting you know." Like, I— I still— like, if going somewhere, like, leaving the house, like, it's dark or whatever, and driving back from somewhere, like, I still text Mom and keep her updated. Like, "I'm this far from home," or "I just got back and I'm in for the night," you know.

Sydnee: Does Mom still believe that you can't put Find My Friends on your phone 'cause you don't have room?

Raleigh: That's not what I said!

Taylor: [laughs]

Sydnee: She— [laughs]

Raleigh: I didn't tell her I didn't have room! I said that when I didn't—

Sydnee: She seems to believe that. [laughs]

Taylor: Ooh...

Raleigh: No! I said that it uses up your data.

Sydnee: Uh-huh?

Raleigh: Not that I didn't have room for it, but that it was texting me and Dad was saying, "[deep voice] Why are you using so much data?"

Sydnee: Uh-huh.

Rileigh: Because Find My Friends, because Mom was checking my location. And then Mom was using *her* data and we're on the same plan.

Sydnee: Yeah.

Taylor: Interesting.

Rileigh: I— I have room for it. I don't even have it on my phone anymore, though, 'cause I don't track you all, and you all don't... track me.

Sydnee: Put it on your phone and we'll all track each other, and then we're all even. And then I'll know where my sisters are.

Rileigh: Okay, this is a conversation we can have *outside* of a podcast.

Taylor: [laughs quietly] I would agree with that.

Rileigh: We were talking about sleep.

Taylor: The sleep! Hey.

Rileigh: Not tracking Rileigh to see where she is.

Taylor: Hey, everybody. Sleep! We're talkin' about sleep stuff...

Rileigh: [laughs]

Sydnee: I don't— I don't know why I was so insistent on staying up late through all my teenage years, 'cause when I think about, like, "What did I do with all those hours that I stayed up really late?" Well, 50% of the time at least was spent at Taco Bell.

Taylor: Yeah...

Rileigh: Mm-hmm.

Sydnee: So... [laughs] I don't know that that was a win for me, and—[laughs] and my body.

Rileigh: [laughs]

Sydnee: I don't know if my digestive system needed that much Taco Bell.

Rileigh: Mm-hmm.

Sydnee: Uh, but I ate it, and I was there. Uh, Tey, you and I used to cruise.

Taylor: Yes.

Sydnee: That wasn't... safe. [laughs]

Taylor: Well, I mean...

Sydnee: It was enjoyable. It was fun.

Taylor: Yeah. We would drive around our neighborhood and go to Taco Bell and maybe Walmart if we were feelin' crazy. Like, I don't think it was particularly unsafe. It's not like we were, like... I don't know. Hanging out on the side of the highway. [laughs quietly]

Sydnee: That's true, that's true. I read a lot of *Archie* comics. I watched a lot of... um... you know, reruns. A lot of stuff in syndication. Which I guess is not a thing anymore. They don't have to do that.

Rileigh: Mm-hmm.

Sydnee: Back in the old days.

Taylor: It— I don't— it is weird, now, like, 'cause I think, like, most adults, Syd, are like you. Whereas they have— you know, they have... their jobs are during the day. They have obligations they have to be up early for. They are— they are very happy to go to sleep early. They don't— it's not even exciting to stay up late anymore.

So being an adult that does not have a schedule that is conducive to that— nor, like I said, like, I think my sleep fits my... the way I slept my entire life. Like, I think I just finally have a job that's conducive for it.

But— whereas in high school, everyone's sort of on the same sleep schedule, even college? It creates a really weird social vibe when you're an adult that sleeps at weird hours. [laughs quietly]

Sydnee: You know— you know what changes that even more? I agree with you, and I think for me, I hit another turning point when we had kids, because all the sudden there was a new bedtime that was introduced. Like, the kids go to sleep at 8. And so if— it divides my evening in half.

If you— if you wanna do something with me and it's during, like, the dinner, bath, bedtime routine... like, that time— that's so difficult for me. So, after 8 is really when I can do things, but that's late now. [laughs] After 8 is late! And so, if I'm gonna do things, like, that's fine, but I gotta be back by 10, man, 'cause those kids get up early.

I don't know. It really does. Like, it starts segmenting your day in weird ways, and people make plans to go stuff at 7:30 and it's like, "Oh, I can't ever do anything at 7:30. That's— that's when we're workin' on gettin' the kids to sleep. That time is, like—"

I don't know. It just— it really does. It changes everything.

Taylor: And see, transversely, like, I'm on the other side of that where it's like, for me it's like— I'll, like— like, it was only recently that I met somebody and was like, "Oh, we could maybe go out sometime! This is a possibility."

But they are a daywalker, and have a 9 to 5 kind of-ish schedule. And I'm like, "Well, I work every weekend." And there was just a moment where it was like, "Nope! This can't happen." [laughs] Like...

Sydnee: Aw...

Taylor: I work all the times that you are off, I am working. And all the times that you are off, I'm either working or sleeping. So, this isn't gonna work. [laughs quietly]

Sydnee: [laughs quietly] Aw.

Taylor: Def— definitely— no, no. I mean, it just—

Sydnee: No, it's sad!

Taylor: Well, it's just funny how you don't feel it as much. Like, 'cause sleep— everyone is assumed to sleep at the same times and wake at the same times all through your childhood up until, like, you graduate.

And then it's, like, depending on what kind of job you get, you just... you fall in with the people that have— that live at the same hours you live. And we live at all different times of the day as an adult, you know? There's no—

Sydnee: Yeah.

Taylor: That structure just goes out the window. There's a— there is a large part that's, like, a 9 to 5 kind of deal. But there's just as many people that's, you know, like... like, "Nope. I work weekends, or I work nights, or, you know, like..."

Sydnee: Who are nocturnal, like you.

Taylor: Yeah. It's funny. Like, there's daywalkers and there's nightwalkers.
[laughs]

Sydnee: Uh... either way, I think— I mean, I foresee myself being a lot stricter when it comes to curfews, and I know I already am with bedtimes. Our parents never had bedtimes for us.

Raleigh: Mm-hmm.

Sydnee: And I already know I'm stricter with that.

Raleigh: Well, I'm sure they did when we were four years old. [laughs] And one year old.

Sydnee: I mean, maybe? But... Mom—

Raleigh: You don't remember! [laughs]

Sydnee: Well, I don't know— no, I don't remember, obviously. But, like... man. Mom gives me a hard time about how strict I am about bedtime.

Raleigh: We all turned out fine.

Sydnee: It's just— it's hard to—

Raleigh: [laughs]

Sydnee: It's hard— like, here's what I've realized. I, as a teenager, would stay up really late and then go to school the next day and feel awful. Um, I mean, and in college I did the same thing. Like, I had days where I was, like, sitting there in, like, biology lectures, just... like, sometimes I'd be pinching myself, literally, to try to stay awake. You know?

Taylor: You know what my horrible move was?

Sydnee: What?

Taylor: Do you remember those little bottles of, like, minty, like, breath drops?

Sydnee: Yeah.

Taylor: I would put them under my eyes.

Raleigh: Ugh!

Sydnee: Oh, man.

Taylor: Yep. You do that for too long, and—

Sydnee: Ugh.

Taylor: —uh, it's— you— you will... get a— it will no longer be a tingle. It will move on to a burn. Don't do that, people listening. But that was what I did. [laughs] Through my high school and college!

Sydnee: I remember... or, like, pulling my arm hair really hard, or, like, anything I could do just to keep my eyes open, 'cause I didn't want to fall asleep in class but, like, I'm not— I'm not learning anything, because I stayed out too late, or because I stayed up too late.

Even if I— I mean, not necessarily partying. Just, like, watching documentaries about Burning Man, as we've discussed. [laughs] You know, like, I was just up too late.

And I've learned as an adult, as I've watched my children, like, when I think I've treated Charlie by letting her stay up later and then I see, like, the next day she's like a wild animal—

Raleigh: A mess, yes.

Sydnee: —and I realize, like, "I didn't— that was not a treat." I— in my mind, like, "Aw, I gave you a treat. I let you stay up til 9, and now you're a mess all day. I did not give you a treat."

And, like, I look back now and think, I was not treating myself by letting myself stay up all night. So now, as an adult, I try a lot harder to... okay, I know it seems like a good idea right now to watch the rest of *John Wick*, but... [laughs quietly]

Raleigh: See, I've just developed a caffeine addiction, and then I just drink a lot of coffee to get through my day.

Sydnee: No. No.

Raleigh: But it's also— I mean, it's hard, because—

Sydnee: That's not the same kind of energy, trust me. [laughs]

Raleigh: It's hard because, like, I have so much to do during my days, especially towards the end of the semesters that, like, either I spend my entire day doing stuff and then do work immediately after, and then by the time I'm done it's, like, midnight or 1 and I'm like, "I didn't get any time to do anything I enjoy today. I just wanna watch, like, one episode of this show I like. Or, like, take a really long shower and read a book or something."

Or it's the opposite and, like, I've done stuff all day and it's, like, 9 or 10 o' clock. I'm like, "Yeah, I'm gonna relax for, like, an hour." And then I don't start working on my homework until 11 or 12, and then I'm up late. It's just, like— I'm— when you have a lot to do... for college and work and extracurriculars and stuff, it's like... I still want some form of me time during my day, and that usually ends up

just being, like, 12 or 1 o' clock, and I get through it the next day, and then... you know.

Sydnee: You might find—

Rileigh: At least it was something I enjoyed.

Sydnee: —that it would be more conducive to, like, feeling good and, like, a good sleep schedule... if you went to bed and got up an hour earlier.

Taylor: Nope.

Rileigh: See, I can't do that. I have never been the kind of person—

Sydnee: [laughs loudly]

Rileigh: —who can function and get work done an hour earlier than I need to. It's hard for me sometimes, like, I'll get up an hour before I have class, and even for those first, like, 20, 30 minutes of class, I'm still, like, getting used to the day.

I would so much rather stay up late and get, like, an hour less of sleep, than go to sleep early and wake up an hour earlier and do work. Like, I— I've never been able to do that.

Taylor: I get that, 'cause that's, like, when I— I mean, I'll get off— I'll get home from a bar shift around, like, you know, 3, 4, 5 o'clock, depending on the shift. And I don't wanna go straight to bed. In my head I'm like, "Well, I—"

Rileigh: Yeah.

Taylor: "—I know no matter what my body's naturally gonna try to wake me up around, like, 10, 11 o' clock. Like, that's just when my body's like, "It's time to go!"

So that extra hour that I spend letting myself unwind— and I totally get that. 'Cause I'm like, I need an hour for me to do whatever dumb thing I want to do, 'cause I just spent however many hours being on task. Like, getting the job done, whatever. Like, for you, going to class, like, doing what you have to do.

And that— that— you need that. I don't know. Like, for me, I need that. Like, I need that time. And I would rather lose an hour—

Raleigh: I need to unwind.

Taylor: Yeah. Like, I would always rather sacrifice an hour of sleep than not have that just— okay, this is for me. I'm gonna watch two episodes of *Cupcake Wars*. [laughs]

Raleigh: [through laughter] Exactly. Now, for me it has become "I'm going to watch one episode of *The OC*—"

Taylor: [laughs]

Raleigh: "—before I go to sleep."

Sydney: Yayyy! It's about time. Well, I would recommend everybody try to get a decent amount of sleep. Whatever time of day you need that to happen. Um... we— although I saw recently that, like, it's bad to get too much sleep, too.

Taylor: I've seen that, yeah. I've seen that before.

Sydney: Yeah. Yeah.

Raleigh: Naw, sleep's great. I sleep for 36 hours on weekends.

Sydney: I don't know. I think— I mean, if we can all get, like, a healthy seven in there.

Raleigh: Yeah.

Sydney: Eight— eight would be ideal, but, like, a healthy seven.

Raleigh: That's usually an average for me. Six or seven.

Sydney: And man, I tell you, if I get seven solid hours of sleep without being woken up, I feel like I could lift a truck over my head.

Raleigh: [laughs]

Sydnee: [laughs quietly] Like, I don't— that happens, like, once every six months now, but man.

Taylor: Yeah, I don't know. I think I feel worse when I sleep too much than I sleep too little. Like, I think for me the threshold is like, if I can get five, I will have a day. If I sleep more than eight, that's when I get into the territory of "Maybe I just stay in bed all day." [laughs] I just don't get out! I don't know where my— yeah.

Sydnee: I agree with you. More than eight, we prob— most— most people probably don't need.

Taylor: It just makes me feel gross. I'm like, "Well, I've wasted some part of this day. Might as well waste it all."

Sydnee: Well, um, I hope everyone out there listening has a good night's sleep tonight.

Raleigh: Yeah.

Sydnee: Or today, tomorrow. Whenever your sleeping happens.

Taylor: [yawns]

Sydnee: Um, and, uh, I hope that my sisters add me on Find My Friends and I can find them, 'cause they're my friends.

Taylor: You never asked.

Sydnee: I'm asking now, publicly, in front of all of our listeners. Please. I think you're my friends. Let me find you.

Taylor: [laughs] We are not sponsored by Find My Friends.

Raleigh: No.

Sydnee: Well, no. Well, I mean, I guess there are probably other apps that do that. It's just the one I have. [laughs] Uh, thank you to everybody listening.

Uh, you should check out Maximumfun.org for a lot of wonderful podcasts you would enjoy. Uh, you can tweet at us @stillbuff. You can email us at stillbuffering@maximumfun.org if you have thoughts or suggestions or questions or comments or topics or anything of— of that sort.

And, uh, thank you to The Nouvellas for our theme song, "Baby You Change Your Mind."

Raleigh: This has been *Still Buffering*, a sisters' guide to teens through the ages. I am Raleigh Smirl.

Sydnee: I'm Sydnee McElroy.

Taylor: And I'm Taylor Smirl.

Raleigh: I am a teenager...

Sydnee and Taylor: And I... was... too.

[theme music starts in the background]

Sydnee: You really gotta see these nursing...

Raleigh: Oh my God.

Taylor: No! No!

Sydnee: So cute! The little babies.

[theme music plays]

[*Star Trek* comm noise]

Ben: Hey, we're Ben and Adam, and we're here to tell you about our *Star Trek* podcast, *The Greatest Generation*

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Ben: Yeah. Whatever you're using to listen to this, just have it find us, and subscribe!

[chord]

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