

# How much time does Elon Musk run for two famous technology companies?

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In Reddit AMA in 2015, the CEO of Tesla Motors and SpaceX said that he slept an average of about 6 hours a day. This time is slightly lower than the average daily sleep recommended by the National Sleep Foundation. According to the organization, people over 18 need 7 to 9 hours of sleep each night to maintain a healthy weight and relaxed mood as well as improve memory and sports activities.



Surprisingly, the 45-year-old entrepreneur can even spend 6 hours a day sleeping, when he uses almost all of his ambitious airline company and auto company. **Elon Musk** is also a major philanthropist and chairman of the solar energy services company Solar City, and holds many other advisory and technical positions. With such a busy schedule and so many things, Elon Musk had to sleep in Tesla's factories, even keeping a sleeping bag in the conference room next to the production facility to better test as soon as they get off the production line.

If you're wondering if Musk can actually sleep with such a short time? The answer is that there are many ways to make sure your body is well rested and alert at the optimum level when you need only 4 hours of sleep. In this article, you will find a way to sleep less and stay healthy: How to shorten sleep time but still ensure health?

Explore more:

1. These 15 tips will help you get up early in the morning very effectively
2. How to sleep in less than 1 minute?
3. Discover 9 mysteries that happen in the body when falling asleep

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