

What does Amazon boss spend 8 hours a day doing?

Amazon CEO Jeff Bezos surprised many people to prioritize to sleep for 8 hours even when the job was extremely busy.

One of the most successful monuments in technology, Amazon founder and CEO Jeff Bezos has a wealth of over 80 billion dollars as a person who is known and admired by the world. his success. However, to be as successful as it is today, do you know what the Amazon boss has spent the day doing? Many people will assume that they spend a lot of time to research and work to be successful as today, this is not entirely wrong. But in fact, Amazon boss shared that, in addition to busy working time, he always spent 8 hours every day to get enough sleep, helping his body stay healthy and work more effectively.

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Priority to get enough sleep



Like many other entrepreneurs in the world, the director of Amazon Jeff Bezos also has to work and handle a lot of problems in work and life. However, one thing that this Amazon director is completely different from other entrepreneurs is that he never "works", he sets a clear time, when to work and when he rested. No matter how busy the job is, the Amazon boss still prefers to sleep 8 hours a day.

Amazon billionaire said about sleeping habits: The human body we need to spend at least 6-8 hours to rest, when you give your body enough rest will make a big difference for him. For him to sleep full of sleep is a necessity to

regain energy and start a working day full of life. I always try my best to do that.



According to the billionaire, a long sleep helped him boost energy for the next day's work, but also made him clear and alert when making decisions.

Amazon CEO added: "Most of us have to live our lives every day, we don't need to maximize the number of decisions made every day. Give a few right decisions. If you shorten your sleep time, you can have a few more hours of work, but it's not unbelievable to increase your work performance. For work, quality of decisions is always important more quantity".

Passion for the universe



Before becoming a talented billionaire like today, Amazon has also dreamed of becoming an astronaut since he was still in school.

He once talked about his passion for the universe before all his friends at school that "The future of humanity is not on this planet".

Although he follows the business path, he still does not give up his passion for space travel. He turned to investing in space exploration to satisfy his passion and dreams into reality.

With the investment in the field of space exploration, now Amazon owner owns the space exploration company named Blue Origin. Under his management, Blue Origin has achieved many achievements, notably being the first commercial company to successfully launch a reused rocket in 2015.

Do not like to be opposed



Like other managers, he manages a large staff. However, he has a very special personality and management method that is unlike anyone. It is disliked by anyone who opposes him, especially his employees. He often "reminds" his employees that they are fortunate to work at Amazon, and they need to do their best for the job. Besides, for those employees who disagree with him, he often "handles" it very simply that he often leaves yellow notes with Jeff Bezos on them to remind them who is the new owner?

Amazon boss also has a different way of thinking than many people about the purpose of making money. Right from school, he set out to aim to make money not to get rich but to change the world.

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