AN 5.137 — AN 5:137 One Sleeps Little | Appaṁ Supati Sutta

English translation by Ṭhānissaro Bhikkhu.

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Text

One Sleeps Little

Appaṁ Sutta (AN 5:137)

“Monks, these five get little sleep at night, and are mostly awake. Which five? A woman intent on a man gets little sleep at night, and is mostly awake. A man intent on a woman gets little sleep at night, and is mostly awake. A thief intent on theft gets little sleep at night, and is mostly awake. A king fettered by royal duties gets little sleep at night, and is mostly awake. A monk intent on becoming unfettered gets little sleep at night, and is mostly awake.

“These five, monks, get little sleep at night, and are mostly awake.”

Publisher references (not part of the sutta)

See also: AN 4:37; Thag 1:84; Thag 2:37