

## The Wisconsin Golf Course Survey



# BEDTIME

By Monroe S. Miller

This season, which has come on so strongly so soon, seemed to be a good time to take a look at about when a golf course superintendent in Wisconsin hits the hay at night.

It's a good question because it goes to the heart of the saying that our business is "a way of life." If you are going to bed at 9:00 pm or so, that is certainly influencing your evening activities and, therefore, your way of life.

I've always said that this is a tough business for those who aren't "morning" people. Much of the work that has to be done on a golf course has to be done before play begins. Often this tempts some of us to make use of every minute immediately after dawn, as soon as it is light enough to see, to stay ahead of the players.

Obviously, if one arrives at work around 4:45 am, this requires a significantly earlier bedtime than if one arrives at 8:00 am.

Generally, I am one of those who arrives at work near dawn. It is the best and most productive time of the day. Therefore, I'm also one of those who goes to bed early during the season, generally around 9:00 pm. Frankly, I have also discovered there is a lot of truth in George Herbert's observation that "one hour's sleep before midnight is worth three after."

It was Rod Johnson who suggested the question for this issue's survey question of "when do you go to bed?" We also asked the average number of hours worked per week during the season. Tom Schwab and I did the surveying.

The results really surprise me. Apparently, fewer guys go to bed early than I had believed. Hindsight makes me wish we'd asked "when do you get to work in the morning?" as a second part of the question.

I always figured most of my colleagues retired at about the same early hour I do, and that night owl Tom Harrison was an exception.

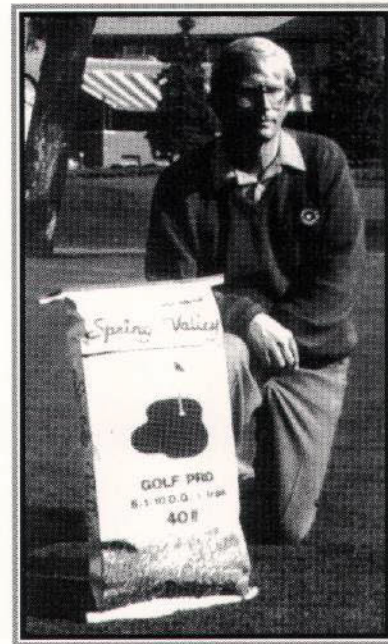
Turns out the situation is about the other way around. The average bedtime for the 24 WGCSA members surveyed was about 10:45 pm, with many more staying up until midnight than those crashing at 9:00 pm. In my case I simply have to have between seven and eight hours of sleep at night to properly function day in and day out. Back calculating from 4:00 am takes you to 9:00 pm to 9:30 pm. Maybe some guys are getting by on a lot less sleep than I can or maybe I'm just getting old!

The average number of hours worked didn't surprise me too much. Those same 24 interviewees averaged between 61 and 62 hours of work per week.

Regardless of when you go to bed, the important thing to note, as da Vinci did, is that "a well spent day brings happy sleep." Fortunately, in our business, that is usually the case.

Good night.

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