"An hour before day light the horn is blown. Then the slaves arouse, prepare their breakfast, fill a gourd with water, in another deposit their dinner of cold bacon and corn cake, and hurry to the field again. It is an offense invariably followed by a flogging, to be found at the quarters after daybreak. Then the fears and labors of another day begin; and until its close there is no such thing as rest. He fears he will be caught lagging through the day...he fears, when he lies down, that he will oversleep himself in the morning."

http://memory.loc.gov/cgi-bin/query/D?rbpebib:1./temp/~ammem_kS60:: 

Source 2. Louisiana slave Solomon Northup, from Twelve Years a Slave: Narrative of Solomon Northup (Auburn, N.Y., 1853).