

# **Sleep (To Be Retitled When I Think of A Better One - Note That I Am Posting This at 2:30 AM)**

**Post by “Kalosyni” of February 11, 2022 at 2:20 PM**

First of all you must trust your own sense of bodily feeling, for if you disregard what you feel, how will you know what you should do? (What is the Epicurean saying on this?)

So then the question is: How does your body feel? If your body feels okay then no problem.

But if the body feels bad...then over the long term, feelings of tiredness in the body are going to have detrimental health affects. And I have researched this...there are some studies that say poor sleep quality affects brain health.

Every person will have their unique situation to deal with...

Here are some possible causes:

- 1) Noisy sleep environment, uncomfortable bed/room temperature, or too much ambient room light during the night
- 2) Emotional worries over problems, life decisions, or unfinished work
- 3) Napping during the day - this perpetuates the night time sleep problems
- 4) Going to bed too early or having inconsistent bedtimes
- 5) Too much blue light from computer screens or tv screens in the evening hours
- 6) Not getting adequate bodily movement (exercise)

I have quite a bit of experience with sleep deprivation. For myself: generally one or two nights of poor sleep are okay for me, if they are then followed by a few nights of better sleep...as long as my body can recover. But when longer stretches of poor sleep occur, I notice that it is harder for me to want to exercise and I all eat more calories due to carb cravings. For me it can be environmental noise which wakes me, or emotional stress wakes me sometimes when nights are quiet. Then when it is a combination of these two problems it can be a real problem. I once went through a two week stretch of poor sleep...and my body felt very ill from lack of sleep.

Human beings were originally hunters and gatherers on the move and at some point the psyche might benefit from moving to a new environment. One way to deal with this without actually moving is to rearrange the bedroom layout and to see in what ways it can be made to be more cozy (and also the entire house to remove clutter and improve comfort).

I've read that there shouldn't be bookshelves or tv's (nor computers) in the bedroom -- it should be designed and maintained for sleep only, so no other activities (other than sex) should occur in the bedroom. Also that means it might be good to find a comfortable place other than the bedroom for middle of the night reading.

When awake in the middle of the night do relaxing things, sit still and breath calmly.

Eat a very small middle of the night snack - something with carbs - bread, cereal, or yogurt.

Journaling in the middle of the night can be a way to deal with worries over problems or unfinished work - write it all out and/or make lists - then close the notebook and say "Okay I can set this aside now since I've written it all out and can put it out of my mind. I take a vacation from it now. I will come back to it tomorrow."

After you set down your notebook... Do slow deep breathing while laying still in bed...that has a certain quality of a slow rise and fall (it has a sound quality of air flow which could be described as the sound of air when a child is slowly swinging up and down on a swing-set). In some cases even if you are awake, this kind of laying still in bed and deep breathing can be restorative.