

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

Post by “Matt” of April 10, 2022 at 8:28 AM

I haven't slept in or slept more than 6.5 hours max in the last 6 years or so. Between my job that vacillates between day shift and night shift, kids and just the fact that I don't fall asleep right away and I am thinking about the sword of Damocles that will always fall on me from various corners of my life instead of sleeping. I do miss the days of a solid “lay in” after 10 hours. But circumstances change, but this is a personal hope for me to get back into a more restful rhythm.