

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

Post by "Godfrey" of April 10, 2022 at 12:33 PM

There are techniques, such as journaling or making a checklist sometime before going to bed, that encourage a brain dump to help clear the mind.

Sometimes of late I think of my coming night's sleep as a delicious, nourishing meal to enjoy.

"The sword of Damocles" is a great description of what I faced a decade or so ago, for a decade or so. Thanks for that [Matt](#) ! At times I regret that I didn't have the benefit of Epicurean philosophy back then and was obsessed with the "sword".