

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

Post by “Pacatus” of April 1, 2022 at 6:41 PM

Unfortunately, none of us may be "average." So I think that Kalosyni is right: we need to pay attention to our own (possibly variable) rhythms. My wife is sure that I operate on something like a 23 hour cycle, 😊 and so adherence to clock-time doesn't work for me. Sometimes I'm up till the wee hours; sometimes I'm in bed at "dark-thirty." It's a bit like my ADHD: I've learned that the worst I can do is fight it. Following nature is also following my own nature, as best I can.

Oh, and I do like naps!