

# Serenity

By Holly Lisle

I slept.

Those are such simple words, so trivial, so casual. Until you haven't, anyway. I can't say it was a night of perfect slumber – but every time I woke up, I got back to sleep again, and this morning I feel good. Well-rested, with my brain off the hamster wheel. I lost a couple of days, but if I slept because of the steps I took, and not because of luck, I won't lose any more.

What steps? I went outside yesterday and got about twenty minutes of direct sunlight, and made sure the blinds were open during the day so the inside of the house was bright.

I got some exercise.

I did deep breathing.

I did not let myself sleep during the day, though I was so exhausted I couldn't see straight.

I took an herbal – melatonin – about an hour before bed.

I set my alarm, but turned the clock so that if I woke up, I wouldn't be able to see it; and I made myself not look at it when I did wake up.

I went to sleep at ten, and got up at six. I'll be keeping those hours steadily for a while, even on weekends, to see if staying on a regular schedule will help fix the problem.

Meanwhile, though ... a full night's sleep. Yay, me.

Contents © Holly Lisle. <https://hollylisle.com> All Rights Reserved