

That's IT!

I've **had** it with my sleep problems! I don't usually have trouble falling asleep, but that's probably because I don't even start trying until midnight or later. Sometimes I do have trouble falling asleep, and even if I can fall asleep easily, I usually do not stay asleep all night. Not that I remember any of the several or many times I wake up each night; I'm usually in a stupor where I'll say things that don't make sense or say not-so-nice things to the dog or anyone else who happens to be in my way. The main problem is that I wake up in the morning feeling terribly under-rested, never ready to start the day, and the problem has been getting steadily worse in recent weeks. I rarely get headaches, but because of the stress of my horrible week compounded by the not sleeping, my head has been throbbing all week (the extremely loud live band at youth group did NOT help!). I've tried going to bed earlier, I've tried limiting my food and drink intake at night, I've tried taking naps when time allows (which is rare), and I've tried taking melatonin (an herb found naturally in the body that helps promote sleep), but nothing is helping. I just can't take it anymore; it's impossible to make my long busy days of caring for 4 small children enjoyable when I feel so tired all the time. My husband stayed awake for a little bit and listened to me sleep last night, and he said that there were times when I stopped breathing, which is a symptom of sleep apnea. So, as much as I hate to do it and don't even really have the time for it, I've made an appointment with the local sleep specialist who just happens to be our children's pediatrician. We'll see what he says next week, but chances are that I'll get sent over to the sleep center for a sleep study – YUCK. Just what I want to be: a lab rat; the subject of a study who has to find a way to fall asleep in a room with a bunch of people watching and while hooked up to all kinds of machines. This is just about one of the last things I want to do, but it

shows how incredibly desperate I am to finally get a good night's rest. If they can actually help me, feeling well-rested is going to be an amazing yet totally foreign feeling! If it doesn't help me, I'm back where I started but with one less option AND having missed out on a fun night with my family ☐