

# So tired

I think my lack of any exercise this winter has caught up to me. I am having a very hard time sleeping lately. I will go to bed, usually at a reasonable hour, and I'll be able to fall asleep, but then throughout the night I will constantly wake up, then lay in a state of semiconsciousness for a bit, finally fall asleep and start dreaming again, then the process will repeat for several times during the night until I finally get up still exhausted.

I found a site that gave some tips and people seem to have had good luck with keeping a window cracked open for fresh air so I will try that tonight along with turning my fan on. Yes, even though the outside temperature is under 40 degrees. For the long term I guess I will have to start walking more and see if that keeps things under control. I've already told people in my church small group so they will be praying for me as well. Between all of these, emphasis on the prayer, I should be back to normal eventually. I really hope I don't have sleep apnea- I understand my dad had it. If I have developed it then these little cures won't really help. Except for the prayer of course. Well, I'm going to keep this short so I can get to bed sooner. Goodnight...