

# Weird sleep cycle

Since Sunday my sleep patterns have been severely off kilter. While even in the best of times, my sleep habits are not the best (only around 5 hours per night), this is weird even for me.

I don't care what time the post says (I haven't bothered adjusting it to local time), it is now almost 1:00am. I went to bed around 8:30pm. I was just exhausted. I've been doing similar things every night this week. And then around 12:30, I wake up. Not just wake up to roll over again. No, I'm wide awake. I'm not sure how long I will stay awake tonight, but on other nights, it was the whole night or most of it.

On Sunday, I'm sure my nerves were getting in the way of any sleep I was going to get. After answering all the questions at the Hospital on Monday, I realized that this was the first time I've ever been admitted to a Hospital. Any other time I've had something wrong, it was done in a clinic or the Doctor's Office. While I've visited many hospitals, this was the first time I was in for me. Good news that, I guess, even this visit was a screening visit. I've had no complaints.

I'm very certain the medicine used to put me under has been the main culprit behind my strange sleep habits this week. It put me under quickly, and I remained in a relaxed state of mind for 2 days. Too bad I was very relaxed early in the evening. Now I'm wide awake and I can't think of anything really quiet to do. I need to hit a library or a book store for some new books to read. I just don't feel like watching a movie. So here I am writing a blog about being awake. Dang that sounds familiar, [just without the kids](#). Wonder if I can find something a little different to comment on.