



Sleep



Ahhh sleep. When you get enough, the world looks so much better. You know how people say that things will be better in the morning. It has nothing to do with morning. It has everything to do with sleep. With the fact that you are more rested. Some people seem to need more sleep than others. Find what works for you . . . that perfect amount where you wake up feeling refreshed. Not too little (still feel tired) and not too much (feel groggy/sluggish).

And to all you parents out there who are laughing (or crying) at the sheer ridiculousness of the idea that getting enough sleep is even an option . . . I say, hang in there. Do your best. Hire a babysitter or ask a friend for a favor if you are in need of a good nap. Schedule "sleep vacations". And know that eventually those kids will sleep through the night and, therefore, you will too. Although, let me warn you . . . at some point instead of "waking" you up, they will "keep" you up while you wait for them to come home from activities/dates. Let's just hope that you can take naps on your lunch hour while they are in school to make up for the lost sleep. I'm thinking we all need a George Costanza bed under our desk just for napping. Who's with me?