

# Been deep in thought

I often wonder if I will ever get lost in my thoughts and not be able to find the way out. I tend to think about some strange things when I should be getting some sleep. I have a feeling that this is the main cause of all my sleep problems. I just can't turn my brain off long enough for sleep to come easily. I tend to stay away until I can no longer function.

Maybe my body clock doesn't conform with the standard 24 hour day. Maybe I'm really a night person and should be working a 2nd or 3rd shift job. Maybe I just think too much. Hmmm I need to think on this.

I've worked both 2nd and 3rd shift jobs, but I had the same problem with sleeping. I never seemed to get enough until the days I had off. Sleeping late wasn't what I intended to do, but I slept late because that gave me my 8 or 9 hours of sleep.

I've been involved in a sleep study, but never one that would allow me to 'set' my body's clock. I think that may be an interesting study. I don't think I would mind finding that out. That could explain the times I feel like sleeping and those times that I don't. I'll have to keep that in mind if I ever see that sort of study in the area.

And of course I could think too much. The various ramblings on this blog and other places tend to show I have a lot on my mind. I could talk about all subjects, but there are a couple that I stay away from just because I really don't want any conflict on this blog. Maybe I should start another blog or two under other assumed names for controversial subjects. Now that may be able to clear a thought or two from my mind to let me sleep.