

# Feeling Short And Old

I've been experiencing some sort of awful fatigue lately, so I begrudgingly went to the doctor to get it checked out. My husband had noticed me stop breathing in my sleep last week, so we suspect sleep apnea, but I have to undergo a sleep study to find out for sure. Good luck scheduling THAT during this Christmas season!

But the doctor also had a few interesting tidbits of advice, even though I felt extremely silly at the office since I actually saw my kids' pediatrician – he is also the resident sleep specialist. It didn't help any when I got measured by a Sponge Bob ruler and found out that I must be shrinking – I've always considered myself to be on the tall side, but this time, I didn't measure up – according to Sponge Bob, anyway. So not only am I shrinking, but somewhere along the line I've become a year-round allergy sufferer who also has mild asthma. And I just thought I was out of shape...

And to add insult to injury, I also got two new prescription medicines to add to my cabinet – just like any other senior citizen would get at a doctor's visit ☐