

Second Wind

Being sick for three days threw off my already crummy sleep schedule. I was up way too late last night, and I got tired way too early this evening (5:30ish). I ate some dinner and got a second wind. I sure hope it lasts until a decent hour to go to bed, but not too late that I will need a second wind to get through tomorrow. Does that even make sense? Or are these the ramblings of an exhausted individual?

Someday I would love to get on a semi-normal sleep pattern. This stay up late, get up early, get to sleep earlier, get up even earlier pattern is not very good. Any hints that don't involve some sort of medication would be appreciated.