



## Life is hard when you're sleepy all the time

SHAH TAZRIAN ASHRAFI

The Dalai Lama once said, "Sleep is the best meditation." Of course, his words are true and so is my dedication to this natural human need. I am sure I am not the only one who loves sleep more than anything else. Here are the struggles you can relate to if you have a strong bond with your bed.

**Not wanting to wake up:** This is the case for almost everyone, whether you're a heavy sleeper or not. However, the ones who are drowsy 24/7 take it to a different spectrum. Yes, we do sometimes rub the sleep off our eyes and manage to wake up, but that's not always the case. Sometimes, we cancel early morning classes just to sleep to our heart's content. On other days, we wake up and get ready, only to shudder at the thought of the tough, sleep-inducing day we're going to have ahead, and hit the bed again.

**Feeling tired all the time:** While sleeping for long hours provides indescribable satisfaction to the soul, it makes one feel tired. Scientists say sleeping for an abnormal period of time is linked to increased fatigue because it has something to do with the sleep cycle and I was too sleepy to read the whole analysis, so I can't go into details here. We feel worn-out even after taking a nice nap. Guess what happens next. We think we can beat our tiredness by another short episode of sleep, which later turns out to be a mega episode, and wake up yawning even more. And the cycle goes on.

**Cancelling plans for sleeping:** I have often ditched my friends whenever they made plans of hanging out just because I wanted to get some sleep during the afternoon hours. Some might think it's very tough to choose between your bed and friends, but seriously guys, it's not that tough.

**Feeling irritated when disturbed:** Boy, don't you ever think of messing with our sleep schedule. We usually have everything sorted out

in our minds as to when we will go to sleep and possibly wake up, but when someone asks us to compromise, we start thinking that our whole day is going to be ruined because of not getting the desired amount of sleep. I've had many similar experiences, and it is even worse when you are in a deep slumber and someone decides to wake you up.

**Finding it tough to focus:** It's very tough to focus on your studies or something important when you're struggling to keep your eyes open. We can fall asleep on books, or anywhere even, that too comfortably.

**Important exam, don't care:** Knocking some sense into our heads won't help, to be honest. No matter how many times you highlight the dire consequences of slacking off before exams, we will fall asleep when we want anyway. We are somewhat assured that fate will be kind to us on the day of the exam, but this is a false assurance.

**Can't think of a day without sleeping for a certain period:** We make mental notes about sleeping for X hours every day. Compromising is tough in this regard, because we think that if we don't get those hours of sleep we won't be able to function properly. On this note, it straight up shocks me how some people can work like a machine with only 3-4 hours of sleep.

**Missing out on things and regretting later on:** It happens every time we dodge plans for the sake of sleeping. It's all fun and games while we are asleep, but the reality hits us really hard once we wake up. We start regretting our choices and feeling bad for the fact that we've missed something very important just for temporary happiness.

In conclusion, if I were given the chance to become an animal, I would definitely pick a horse. You see, a horse can sleep while standing.

*Shah Tazrian Ashrafi thinks of DJ Khaled when he feels useless. He is to be reached at [tazrian1234@gmail.com](mailto:tazrian1234@gmail.com)*

