

## Dealing with 155.31 days of sleep deprivation

By Ted Brown  
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A Ted Bit

Most people close to me know I maintain a daily diary.

Every night, before I turn in, I sit at my desk, and record the day's activities.

I've been doing it since Jan. 1, 1976, and for the most part, have maintained that diary each and every day since then.

There have been occasional nights when I was unable to write; perhaps I was ill, or too tired.

But, without fail, I'd always catch up the next morning.

This past week, I thought about the statistics of writing each and every night and the time I've spent doing it.

The Sidekick said I spend about 15 minutes, give or take, to write my diary.

A thought went through my mind: 15 minutes a day, which is 5,475 minutes a year, or 91.25 hours a year. That kinda rattled me a bit. I gave up over 90 hours of sleep a year, (or 3.8 days a year) to write my diary?

Then another thought struck me.

Counting the 40 years, nine months, 26 days (or a total of 14,910 days) to get to today, Oct. 27, 2016, I've spent 155.31 days, (and they are 24-hour days) sitting at my desk, chronicling the day's activities, instead of going to bed.

That's 155.31 days of sleep deprivation!

Wow, no wonder I've been a bit tired lately...

Now I do it willingly, and it feeds my obsessive compulsive nature to have a set routine. And maintaining a diary does have some great advantages.

It's one of the best ways to settle an argument. If family members claim a certain event occurred on a certain day, well, I have the written proof as to whether they are right or wrong.

Births, deaths and weddings are all documented, and some world events are there, complete with comments of how I felt about it, like 9/11, John Lennon's death, election results and a host of other events — some good, some bad.

I can check when I started haying, seeding, harvest and when the sheep started having their lambs in any given year.

And the best part, I document what Christmas presents I gave to family members and The Sidekick, so I don't find myself repeating it again the following year!

Writing a diary runs in my family. When I started in 1976, I had a few of my grandfather's diaries; he'd recorded events over the years.

I have my great-grandfather's diaries as well, documenting the weather, and other social events that happened more than 130 years ago.

My dad started writing after I started, and he had a collection similar to mine.

Writing a diary every night requires discipline. I sometimes find myself repeating days events over and over, which sometimes makes me question carrying on.

But every Christmas, my youngest daughter buys me a brand new diary journal and I commit to another year of writing.

I wonder what will become of those books that are lined up by year, when I'm gone.

When my dad died, we distributed the diaries among his ten grandchildren, chosen by the year they were born, and with a list inside each one, identifying who has the other copies, in the event one of the grandkids wanted to look up an event in Dad's diary.

I sometimes think about having my diaries digitized, in a collection of electronic files. If I wanted to check an event, I could search it electronically — sort of like was done with Winston Churchill's war diaries.

Of course, I'm not suggesting my daily ramblings would be anywhere near as significant as those from Churchill.

And when I think about converting 40-plus years of entries into an electronic file; well, I'm not really up for another 155 days of sleep deprivation.

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