

# Out in four seconds flat

I was recently thinking back to when I was in my 30s, and my dad would complain about not having a good sleep the night before.

It made no sense to me. Geez, what could be easier? You lay your head on the pillow and close your eyes, and drift off.

But he'd protest that it wasn't so easy, as he spent countless nights staring at the ceiling. I probably unsympathetically rolled my eyes.

Fast forward about 25-30 years.

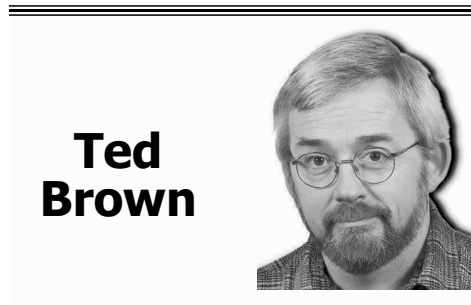
Guess who stares at the ceiling now?

I guess it comes with the age. For the past 10 years, I've been able to find more things to ponder in the dead of the night. It used to annoy me, and I'd get downright angry that my brain wouldn't shut down.

But over time, I discovered that I can actually use that time to my advantage.

I problem solve. Not only do I eventually doze off to sleep, but I can actually get a few things sorted out in my head.

Geez, I've rebuilt entire barns, harvested fields of crops, repaired fences and even mentally written columns— all while laying awake,



**Ted Brown**

staring at the ceiling.

In the dark, I've weighed the pros and cons of purchasing a piece of machinery, or whether it's feasible to try a different approach to doing something on the farm.

I've even planned what I'll do when I win big in the lottery.

Interestingly, I find I'm not near as frustrated about being awake when I adopt that attitude. Being productive is important to me, so if it happens in the middle of the night, then I haven't wasted the time.

I recently read an article in a farm magazine about dealing with insomnia. Some of the suggestions were quite interesting.

They suggest staying away from anything that has caffeine— chocolate, coffee and dark pop— or alcoholic beverages.

Okay, that's a given for me.

The article also suggested going to bed at the same time every night, every day of the week. It also recommends not having a television on in the bedroom, because even though people say it puts them to sleep, TV visually stimulates the mind, and the resulting sleep is not restful or productive.

Warm baths before bed were also suggested, as well as tips like having a night light in the bathroom, so if you get up in the night, you don't have to turn on the lights. Bright lights make getting back to sleep more difficult.

Actually I have a night light in the bathroom, and it does help. There's nothing worse than that evil burst of light when you flip the switch.

So, for the most part, laying awake in the middle of the night ain't exactly the worst thing in the world for me.

However, when The Sidekick is out cold four seconds after her head touches the pillow, (even after consuming an extra large Timmy's double-double 30 minutes earlier), that can be somewhat annoying.

And when she's snoring in five minutes— I tell ya, it just ain't fair.



## Ride On opens

Ride on Tire Sales Inc., recently opened at 61 Guelph Street in Georgetown. Owner Rick Wood says the shop offers a competitive full line of tires and services, like installation and balancing. In addition, he sells various dress wheels and rims. Contact Rick at 905-702-8386.

Photo by Ted Brown

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