

Sleep, Cabnit

A JOURNAL

for passing the time when insomnia hits and my busy brain circles sneakily in upon itself, distorting the trivialities of the day and exaggerating the tick-tick-tock of the clock, reminding me every minute spent awake is another minute closer to when I'll have to get up, though so many great artists and sages were insomniacs and that's part of how they got so darn much done, so if I can't sleep I might as well write and channel all my angst into something productive because if not I'll be up fretting all night long anyway.

**Sleep is
like a cat:
It only comes
to you if you
ignore it.**

Gillian Flynn

DATE:

Why I can't sleep tonight:

Lined writing area for journaling.

WHEN TOMORROW OFFICIALLY BECOMES TODAY:



That's the advantage of insomnia. People who go to bed early always complain that the night is too short, but for those of us who stay up all night, it can feel as long as a lifetime. You get a lot done.

Banana Yoshimoto

DATE:

Why I can't sleep tonight:

Lined writing area for journaling reasons for insomnia.

WHEN TOMORROW OFFICIALLY BECOMES TODAY:

