

Sleep!  
by  
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What is the best way to sleep and why? I have no qualifications on the subject, but I can give my observations on what I've found to work and not work for me. I consider myself quite the expert, because I like to mix things up a bit. Sometimes I sleep on my side, sometimes on my back, etc. I've even tried sleeping standing up, but after an hour or so I gave up. True story. Why? Well it was on a school holiday with friends, and there really wasn't much to do in our room. So yeah, I tried sleeping standing up. Were the witnesses freaked out, were they curious to see the results? That's the thing isn't it? You can never really be sure. Curious or not, they did learn something though. Something about sleeping and something about me.

Ok first up, what do I think of sleeping on your back? This is perhaps the position for sensible people. If an attacker comes into your room, this one gives you the best immediate field of vision. If you sleep on your side you have a 50/50 chance of facing the way of your foe and if you sleep on your front, you're screwed. However, readiness to attack aggressors comes at a cost. I find this method makes you more prone to twisted knees than any of the others. Expect mild to moderate pain for an hour or so and if you do, limping towards an intruder won't be particularly threatening.

Sleeping on your side: Comfortable sure, but also kind of girly. Image-conscious men need to think deeply before using this method. I haven't fallen out of bed in many many years, but when I did, I slept like this. It's just easy to roll over, isn't it? Because of the medication I'm on, I drool quite a bit in my sleep. Do I want to risk choking on my own spit (not likely) or do I want to mess up my pillows. That's something I have to think about at least. It's not straightforward this sleeping business, is it?

Sleeping on your front: A favourite among sociopaths, apparently. (Well 'very strong-willed' people according to the internet page I visited). Only a fool would sleep like this in a rough area, prone to burglaries. On the plus side, this is surely the best position for someone who goes on alcohol binges. Try choking on your own vomit on your front. Well don't go out of your way to try, you know what I mean. Be warned elderly people however - suffocation by pillows is a very real thing to wary of.

Now we move onto the specialist sleeping methods. For starters what are the pros and cons of sleeping standing up? I guess the main disadvantage is that it's impossible. And even if it wasn't, what kind of a rest would you get if your leg muscles are constantly working? Maybe gym freaks could benefit from pioneering a way to sleep on foot but then again, they need rest too. This approach is best avoided.

Hanging from a ceiling, head downwards: If you thought the one before was bad, this method takes things a whole lot further - All your blood will rush to your poor, overworked brain and you'll die. 'But I saw someone in Wayne's World 2 do the exact same thing, and he claimed doing so will add years to your life.' No, he's a fool. Again (good to be clear), it will simply end it. Surely there must be some good things about hanging upside down? Well, how do I put this? If someone comes to your door, offering a special chain for your ceiling and ankles, remember: Just say 'no'.

Ok! That was all the ways you can take a nap analysed thoroughly by me. But what is my favourite one? Hmmm... Having thought deeply over the last few years, I think good old sides are the best all-rounders. Sure you'll look a bit girly, but who are you trying to impress? Thieves? If so, why? Screw what they think. What's my least fave? Gotta be the one that kills you, right? On another note, do I have any advice for you on how to get to sleep? No! Bye!