

Bourne
toWrite...
creative writing
workshops

A Cure For Insomnia

A timed exercise

by Janie Reynolds

Don't even *try* to sleep. Don't think about it, don't do it. It's overrated anyway.
For losers.

Prostitutes - the day after a night-shift.

World travellers with jet-lag.

Fancy, made-up air stewardesses. (And pilots - in the same bed).

Babies - 21 hours, apparently, to allow their brains to grow.

Mine is shrinking, so forget about sleeping. It's not going to grow, whether I sleep or not - so
Let's Party!

The ugly - they do need sleep, it's true. Nothing less than 10 hours,
to allow what beauty could, in theory, be scraped from the beauty bowl.

As much as can be mustered, to provide what little chance there is, of combatting their
unfortunate uncomliness.

So sleep you ugly men and women, but I will stay up. I will party til the night owl flies away,
the sun peeps up on the horizon
and the normal rise up for work.

Just like worry, grief and paranoia, the more you fight the bigger the battle. You give
strength to your enemy, the enemy of insomnia, by lying in your bed.

So, get up, my writer friends, and grab a pen. Do Roddy's homework before dawn.

In the space allowed by a silent and deserted night, your ideas will come floating in,
'Big Magic' has a chance to happen, without distraction or delay.

Indeed, you could write the novel. The one you spend your days telling yourself,
and everyone else,
that you haven't got time to write.