

PSY-140 H3

Fall 2023

September 17, 2023

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### Sleep Lab

D E G H I K L

Sunday Monday Tues Wed Thur Fri Sat  
10 11 12 13 14 15 16

**Part 1: Daytime Napping** Complete before going to bed at night

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Number of naps taken today.	2	0	2	2	0	0	0
2. Total sleep time of naps taken today.	3hr	✓	3hr	3hr	✓	✓	✓
3. Overall rating for sleepiness/alertness today (1-7)*	5/6	1	5/6	5/6	1	1	1

\* For Item 3 use the following scale:

1 = feeling active, vital, alert, wide awake	5 = fogginess, losing interest, slowed down
2 = functioning at a high level	6 = sleepy, prefer to be lying down
3 = relaxed, not fully alert, responsive	7 = almost in a reverie, hard to stay awake
4 = a little foggy, not at peak, let down	

\* = Days out of view or SC

**Part 2: Nighttime Sleeping** Complete after waking up in the morning

	Night 1	Night 2	Night 3	Night 4	Night 5	Night 6	Night 7
1. Total time spent sleeping (e.g., 8.25)	9.5	10	9.5	10	8.5	9.0	8.5
2. Number of times you woke up during the night.	2	2	3	2	3	2	2
3. Number of separate dreams you can recall at least partially.	0	0	0	0	0	0	0
4. Number of dreams related to experiences of the	0	0	0	0	0	0	0
5. Overall Sleep Rating (1-7)**	2/3	1	2/3	2/3	1	1	1

⚡ Indicates actual time in bed, in dark, no electronics, with ocean music.  
Actual sleep time 20-30 minutes less.

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Being in the condition I have been for the last twenty months, I am very conscious of my sleep habits and the necessity of good sleep habits for effective physical and mental recovery.

At one point in time, I slept for four days straight (I was woken three times for short Q&A sessions with doctors,) and after awaking from that induced situation, I continued sleeping up to 12 to 16 hours per day for the next month, followed by several more months sleeping 10 to 14 hours per day and still sometimes not receiving the quality and duration of sleep I felt I needed for effective healing. Pain was the largest known issue, every movement in the night would shudder me awake; additionally, it is now known that I suffered a TBI to my rTPJ which would have been healing at an advanced rate in those initial months.

Having been diagnosed with ADHD in elementary school, treated for six months with Ritalin, I was then taken the drugs and learned to mitigate and discipline myself. And quite glad that choice was made, as it opened my mind to so many adventures in learning. With the now additional damage to my rTPJ I now have a physical correlation to 10x increase in my ADHD symptoms since my incident, among my new perspective from a loss, then regrowth of my Theory of Mind.

For the last six weeks, I have been on a run of some of my best sleep in decades. I have finally solved my electronics problems. They would not keep me up at night (usually,) yet checking the time on my phone (as it doubles as my alarm clock,) would usually be enough to cause a casual check on social media, etc. Now, at whatever bedtime I've selected for the night (I find I have to make myself 'schedule' it, as I rarely feel the need to sleep with the additional effects of Vyvanse (40mg, daily.) However, usually I go upstairs and lay down at midnight, then using my Alexa echo device, I turn off the lights, and play the sound of the ocean for eight hours.

During the night, as I regularly wake to urinate (in my original incident, my femur also impaled my bladder,) I no longer touch my phone at all- if I wake, if the ocean is still playing, it's time to stay in bed. Once the ocean turns off, I am beginning to become prompt in waking 15-20 minutes later. I still set an alarm as needed (the latest I could sleep and still make classes, etc.)

Though I've had all manor of dream periods over the last 20 months, to much to begin to elaborate in this document, the last month or so has been very quiet. Some times, and several times during this survey period, I woke with a feeling of emotion- a smile on my face sometimes a groan. Other times, my first thought is often to question if I set the ocean timer correctly, as I drag myself nearer the bedside table to check time on my phone. Most times, especially lately, I find that I wake slowly and peacefully, and if the ocean is still playing (a time I previously would rolled over to check my phone for the time,) I'll just gladly snuggle deeper into my blankets as I let the waves lull me back to sleep. My time in bed, resting if not sleeping, has increased to no less than eight hours, and I've generally been more alert and functioning in my days.

Now, to correlate, during the same period I have also found resolution to a number of previous issues, now have a medical plan in place to hopefully soon alleviate my pain, have a financial plan in plan- the beginning of a recovery, and now over the last three weeks, I've successfully gotten myself re-enrolled as a full time college student. It is easy to see why I've needed (and thankfully have granted unto myself,) the additional sleep time- most especially the uninterrupted period of time with exposure to myself phone. As the sleep metric has gone up, the dietary metric has gone done- the same things have both (sleeping & college/homework,) have both caused a reduction of free time, which I've mitigated with fast food over a prior cooked at home diet. That may be the next element I work on.

## Part 2

Though I did not have any dreams this week, I have often had dreams of flying. Sometimes I am flying my canopy (parachute,) as I can feel my arms up in their familiar position on the controls and in my dreams I can feel my body twisting and carving as I steer and dive my canopy around cloud formations. Sometimes, I have had other canopy pilots in my dreams, flocking in the skies around me, though usually I am alone.

Dreams of flying often indicate a latent content of the desire for freedom and independence (and/or the lack of them, if presented in a nightmare,) however, although that interpretation would fit well with me, as those are traits I hope to embody in my life, I believe my past dreams had a higher purpose. As much as any athlete trains, there are variety of ways to train. Physically of course, also mentally- in our mind, our daydreams, and even our dreams. Time under canopy is the single largest determining factor of a pilots skill set, I believe that my dream allowed me the extra time to reprocess my actual jumps as well as envision fresh scenarios, as a simulated environment so that I could continue to learn as I slept. In the same way, at past times in my life, I've worked as a PHP developer and would often "sleep on it" when I had a difficult problem. With a good night sleep, whether I would remember the dream about whatever had ensnared me or not, the solution would usually come quickly once I was back in my office the next day.