Sleep disorders : psychological & practical guide

Written by Léo Gayrard, state-certified psychologist

1 : Introduction

Sleep seems to be a given as long as it occurs without hindrance. But when it is disrupted, we discover that it is a delicate balance, sensitive to the slightest variations.

Insomnia, waking up during the night, difficulty falling asleep: these symptoms have multiple causes and cannot be reduced to a simple problem of fatigue.

The first step is to observe the signs. How long does it take to fall asleep? Do you wake up several times? Do you wake up feeling refreshed or heavy?

These simple questions can help you map out your habits and identify critical moments.

This disorder is never purely mechanical. It involves both the body and the mind, daily life and the deeper workings of the psyche.

Understanding this complexity helps to overcome feelings of guilt about "sleeping badly" and paves the way for a more tailored approach to improving your nights.

When sleep is disrupted, it is tempting to look for a single cause. However, experience shows that several factors are involved.

Lifestyle, diet, screen use, but also significant events and emotional tensions all play a role. Sleep reflects the way we live our days.

Some sleepless nights occur after a period of stress or significant change. The body keeps track of emotions, and nighttime becomes the place where they manifest.

It is not only conscious worry that prevents sleep, but also the deeper memory of experiences that are still waiting to be understood.

Taking this fact seriously changes our approach. Rather than fighting insomnia as an enemy, we can see it as a signal: a sign that an inner adjustment is needed, that words must be found, or that a rhythm must evolve.

Sleep disorders take many forms. Difficulty falling asleep, waking up multiple times, waking up too early, or non-restorative sleep do not all have the same meaning, even if they share a common impact on energy and mood.

Distinguishing between them allows for a better understanding of the mechanisms at play.

Some disorders appear in episodes, linked to a particular period of life. Others set in gradually, to the point of becoming an unconscious habit.

In both cases, the night acts as a mirror of what is experienced during the day: excessive excitement or, conversely, a feeling of emptiness can silently take hold.

Approaching these disturbances as messages changes our perspective. Rather than considering sleep as a function to be repaired, we can see it as a conversation between the body and the mind.

This attitude opens up the possibility of in-depth work, where each improvement in nighttime rest is accompanied by a change in waking life.

When these disorders take hold, they change our relationship

with the night itself. The bedroom, once synonymous with rest, can become a place of tension.

The approach of bedtime triggers anxiety: “Will I be able to sleep?” This anxious expectation perpetuates the cycle of insomnia.

Breaking this cycle begins with a gradual reconciliation with the night. This can start with simple gestures: dimming the lights well before bedtime, reserving the bed for sleep and intimacy, and putting practical concerns aside.

Far from being mere techniques, these rituals restore sensory confidence in the nighttime space.

It is also helpful to restore the symbolic significance of the night. In many cultures, nighttime is a time for inner reflection and dreams that guide our lives.

Rediscovering this dimension eases the struggle with insomnia and reestablishes sleep as part of a larger process than simple physical recovery.

2 : Body, mind and biological rhythms

Sleep is part of a precise mechanism known as the circadian rhythm. This 24-hour cycle regulates body temperature, hormone production, alertness, and sleep.

It is based on daylight, but also on habits acquired since childhood. When this rhythm is disrupted, the entire sleep-wake balance is thrown off.

Light is the primary conductor. Exposure to light in the morning promotes wakefulness, while darkness triggers the secretion of melatonin, the sleep hormone.

Long evenings spent in front of screens confuse this signal, delaying sleep. Conversely, a lack of light upon waking can keep the body in a state of inertia similar to nighttime.

The body also registers the effects of meals, physical activity, and ambient temperature. A heavy dinner, an overheated bedroom, or late-night exercise can be enough to shift the internal clock.

These influences are subtle but cumulative, sometimes acting without our knowledge.

Internal clocks are not an abstraction. They manifest themselves through hormonal cycles and physiological signals.

Cortisol, for example, signals wakefulness by promoting alertness and energy. Melatonin, on the other hand, promotes sleepiness when night falls. These substances follow a rhythm that can be programmed by exposure to light, meals, and physical activity.

The concept of sleep pressure explains another reality: the longer we stay awake, the stronger the urge to sleep becomes.

This pressure is released during deep sleep. Long or poorly timed naps can reduce this pressure and delay falling asleep at night. A short nap, lasting 10 to 20 minutes, can help without disrupting the nighttime cycle.

Chronotypes vary. Some people are morning people, others are night owls. Neither is right or wrong. The problem arises when a person's personal rhythm is in prolonged conflict with social obligations.

Adapting your schedule when possible, or at least organizing the important moments of the day according to your chronotype, reduces internal conflict and improves the quality of rest.

Finally, certain medications, stimulants, or substances such as caffeine strongly influence these mechanisms. Caffeine slows down the feeling of fatigue by blocking brain receptors. Consuming it late in the day makes it more difficult to fall asleep.

Similarly, alcohol, although it promotes rapid sleep onset, alters the quality of deep sleep and increases nighttime awakenings.

Taking these physiological factors into account helps to develop a practical strategy: managing exposure to light, limiting stimulants at the end of the day, organizing naps, and respecting your chronobiological rhythm as much as possible.

Sleep is not just a break. It consists of several stages that follow each other in cycles of about 90 minutes: light sleep, deep sleep, and REM sleep.

Each stage plays a specific role in recovery and the integration of experiences.

Light sleep is the gateway to nighttime. It is a phase in which

consciousness relaxes but one can be easily awakened. It allows the body to transition from a state of wakefulness to a state of rest.

Deep sleep is the time for physical regeneration. Body temperature drops, growth hormone secretion increases, and tissues repair themselves.

Finally, REM sleep is when we have our most vivid dreams. Brain activity resembles that of wakefulness, but the body remains still. This phase consolidates memory, integrates emotions, and contributes to creativity.

A full night's sleep consists of four to six cycles, each ending with a period of REM sleep that is longer than the previous one.

Understanding these stages allows you to adapt your rhythm. Going to bed and getting up at regular times, respecting the need for several full cycles, and avoiding prolonged interruptions in the middle of the night promote deeper recovery.

Respecting this natural process supports the overall balance of body and mind.

The regularity of the signals sent to the body is essential for restoring reliable sleep. Getting up at the same time every day, including weekends, strengthens the biological clock.

Similarly, preparing for the night in the late afternoon by gradually reducing light intensity helps program melatonin secretion.

The relationship between physical activity and sleep illustrates the importance of these signals. Regular exercise increases sleep depth, but if done too late, it stimulates the nervous system and delays sleep onset.

Finding the right time—often early or midday—maximizes the benefits without disrupting the night.

Eating habits also play a role. A meal that is too large or too high in sugar can prolong digestion and delay deep sleep. Conversely, a light intake of complex carbohydrates in the evening can promote relaxation.

Rather than strict rules, it is more a question of finding your own balance and maintaining it.

Finally, air quality and room temperature complete the picture. Air that is too dry, or a room that is overheated or noisy, act as constant micro-stimulants.

Air out the room, maintain a temperature of around 64°F, and block out unnecessary noise to send your body the message that nighttime can begin.

3 : Stress, anxiety and rumination

Among the most common causes of insomnia are stress and anxiety. When the day's worries linger in your mind, they prevent the relaxation necessary for falling asleep.

The nervous system remains on alert as if it were facing danger, even when everything is calm.

This hypervigilance results in rumination: thoughts go round and round in circles, revisiting past events or anticipating future difficulties.

Every attempt to chase these thoughts away reinforces their presence. The person ends up dreading bedtime, which adds to the tension.

The body itself participates in this cycle. The heart rate accelerates, breathing becomes shorter, and body temperature remains high. These are all signals that maintain the state of wakefulness.

These mechanisms are useful in the face of real danger, but become an obstacle when they are triggered without immediate cause.

Understanding that anxiety-related insomnia is not a lack of willpower but a physiological reaction helps to relieve guilt. This opens up the possibility of gentle strategies—breathing, relaxation, evening writing—to gradually reorient the body toward a restful state.

The link between emotions and sleep is profound. Unexpressed tensions, relationship conflicts, or unresolved grief often find an

echo in the night.

Dreams can be the space where these scenes are replayed, but when the emotional charge is too intense, sleep itself may defend itself by remaining light or fragmented.

Recurring thoughts—calculating the hours of sleep remaining, imagining the consequences of fatigue the next day—can turn the bed into a place of anxiety.

This conditioning is powerful: by associating bedtime with anxiety, the body anticipates waking up before the night even begins.

Putting thoughts into words helps break this cycle. Writing down your concerns before bed, talking to a trusted loved one, or practicing a form of guided meditation creates distance between your thoughts and your time of rest.

It's not about chasing away emotions, but about giving them a place to settle before nightfall.

By giving symbolic space to what weighs on you, you restore the restorative function of sleep. The body can then relax its vigilance, and nighttime becomes a time for regeneration once again.

The day has a direct influence on the night. Tensions that have built up without a chance to be released often return at bedtime.

Regular physical activity, real breaks during work, or moments of conscious breathing reduce emotional stress before nightfall.

Digital habits also play a role. Notifications, last-minute messages, and anxiety-inducing information keep the mind stimulated.

Turning off screens at least an hour before bedtime is not an

arbitrary rule: it is a way of signaling to the body that the waking period is over.

Some people find it helpful to create a transition ritual: a walk at dusk, a few pages of reading, a notebook to jot down ideas. These actions anchor the decision to shift from activity to relaxation and prepare for sleep.

This preparation transforms the bedroom into a space dedicated to rest. The bed ceases to be an extension of the day and regains its function as a nighttime refuge.

When stress-related disorders become chronic, they can change the very way we experience the night. Bedtime becomes an anticipated ordeal, and the anxiety of not sleeping ends up preceding the need for rest.

The body then learns to remain alert as soon as we approach the bed, creating a powerful conditioning.

Breaking out of this cycle often requires gradual relearning. This may involve reassociating the bedroom with rest by getting up after twenty minutes of futile wakefulness, practicing deep breathing, or redirecting attention to soothing images.

These exercises remind the nervous system that there is no danger present.

Talking plays a key role. Expressing what is causing the tension —with a loved one, a professional, or in writing—lightens the load that settles in at night. This is not only a psychological gesture, but a way of giving a symbolic framework to what would otherwise invade sleep.

By reestablishing this distinction between time for worry and time for rest, the person gradually regains confidence in their ability to fall asleep.

Sleep becomes a natural process again, supported by simple actions and words that organize the invisible.

4 : Habits and environment

The place where we sleep acts as a silent partner in sleep. Its layout, lighting, and sounds directly influence the quality of our nights. A well-ventilated, dark, and temperate bedroom makes it easier to fall asleep and stay in deep sleep.

Conversely, an overheated, cluttered, or noisy room maintains a state of unconscious alertness.

Your end-of-day habits are just as important. An early, moderate dinner, a clear break from screens and demanding tasks, and a calm activity such as reading or going for a walk create a transition between day and night.

This transition is not a luxury: it is a biological and psychological signal that it is time to rest.

The bed itself has symbolic value. When it is used for working, watching TV series, or resolving conflicts, it loses its association with sleep.

Restoring this link sometimes requires redefining its uses: reserving the bed for nighttime and intimacy, leaving the bedroom if sleep is slow to come, and returning only when drowsiness returns.

Regular schedules are one of the most powerful levers for stabilizing sleep. Getting up and going to bed at similar times each day strengthens the internal clock, even when it takes a long time to fall asleep.

A fixed wake-up time is more important than the time you fall asleep: it gives the body a firm reference point for the day.

Evening rituals prolong this effect. Gradually turning off the

lights, doing a few stretches, or reading a few pages act as body language: they tell the body that it can switch to night mode.

These gestures are not anecdotal; they are the daily grammar of falling asleep.

Screen management remains a sensitive issue. Blue light delays melatonin production, but it is also the content—news, social media—that keeps the mind stimulated. Setting aside the last hour before bedtime for screen-free activities provides a level of relaxation that simply reducing brightness cannot guarantee.

The relationship with noise deserves special attention. Some sounds remain perceptible even during deep sleep. Regular noises, such as a fan or very soft background music, can mask unexpected sounds that wake you up.

Identifying sources of disturbance and testing different solutions (insulation, earplugs, white noise) allows you to adapt the environment to your own sensitivity.

Smells also contribute to relaxation. Light scents such as lavender or cedar, diffused in moderation, promote sleep. This is not a universal recipe, but a way to create an atmosphere that prepares the body and mind for nighttime.

Finally, the tidiness of your bedroom has a subtle but real effect. A cluttered space can maintain visual and mental tension.

Tidying up before bed, preparing your clothes for the next day, or turning off unnecessary lights creates continuity between your daily routine and nighttime rest.

Daytime habits also shape the night. Regular physical activity promotes deep sleep, but if done late in the day, it can delay sleep

onset. Finding a consistent time in the morning or afternoon supports the biological clock.

Similarly, balancing periods of concentration and breaks during the day prepares the body for a more natural relaxation in the evening.

Diet also contributes to this regulation. Limiting caffeine after midday and opting for a light evening meal rich in complex carbohydrates makes it easier to fall asleep. Excessive alcohol consumption, even if it may make you feel sleepy, disrupts the deep stages of sleep and increases nighttime awakenings.

The relationship to free time also plays a role. Activities chosen for pleasure—reading, music, relaxed conversation—create a smooth transition between the intensity of the day and the tranquility of the night.

They help rebalance energy before the bedroom takes over as a place of rest.

By incorporating these simple steps, sleep gradually becomes part of a coherent daily routine, where each step prepares for the next.

5 : Sleep and deep emotions

Sleep is a stage where deep emotions are replayed. Unresolved conflicts, neglected desires, or unresolved grief can find their way into our dreams at night. Sometimes they manifest as vivid dreams, other times as insomnia or sudden awakenings. The body then becomes the messenger of ongoing psychological work.

These manifestations are not anomalies. They signal that something is seeking a form of symbolization.

Dreams, even when they seem confusing, are a way of weaving together experiences that are still scattered. Rejecting this process by seeking dreamless sleep at all costs can deprive the mind of one of its most powerful means of integration.

Taking these signals seriously means making room for them when you wake up. Remembering a dream, evoking a lingering emotion, recognizing a memory that came back during the night—these are ways of welcoming what sleep has revealed. Listening in this way promotes inner peace, which in turn supports more stable rest.

Significant life events leave an imprint on sleep. Bereavement, separation, birth, or a career change can permanently alter the way we sleep.

These transformations are not only biological; they reflect the psyche's effort to assimilate an intense experience.

Sometimes sleep becomes heavier, as if the body requires extra rest to get through the period. Other times it becomes fragmented, a sign that the mind is actively working to integrate what has happened.

These fluctuations are part of the grieving or adaptation process.

Taking the time to recognize this link between events and sleep helps to avoid medicalizing these changes too quickly. Providing a space for talking, remembering, or creating often allows the nighttime cycle to regain its balance as the experience finds its place in the person's life story.

Some buried emotions manifest themselves in the form of nightmares. These intense, sometimes frightening dreams are not just disturbances to be avoided.

They reflect a process of staging fears and desires that seek representation. Their repetition indicates that some psychological content is insisting on being recognized.

Paying attention to these nocturnal stories, writing them down upon waking, or talking about them helps to decipher their meaning.

It is not a question of finding a single meaning, but of allowing echoes of everyday life, memories, or current issues to emerge.

This dialogue with the dream can transform anxiety into a resource. When a nightmare is welcomed, it loses its traumatic charge.

It becomes a step toward a deeper understanding of oneself, promoting more peaceful sleep in the future.

Recognizing this symbolic function of dreams is a way of respecting the depth of sleep. It is not wasted time but a space where the unconscious actively participates in inner construction.

The link between sleep and deep emotions also concerns creative momentum. Sometimes new ideas, unexpected solutions, or fertile images appear at night.

This emergence cannot be provoked by any technique; it occurs when the mind relaxes and the censorship of the day loosens.

Rather than trying to fix these dreams, the challenge is to allow them space to circulate. A dream can transform over the course of several nights, disappear only to return in a different form, or blend with other memories. This mobility is part of its work.

Sleep thus becomes a place where the psyche freely elaborates what would remain frozen during the day.

This perspective changes the way we view insomnia or nighttime awakenings. It is not just a matter of getting a certain number of hours of sleep, but of accompanying a living process.

Welcoming what is shifting, accepting that not everything will be clear upon waking, allows the night to continue its function of integration and transformation.

Sleep is therefore not limited to a time of physical repair. It actively participates in the maturation of emotions and the creative movement of inner life, provided that its free dynamic is respected, without seeking to capture it.

6 : Ways to regain your rhythm

Getting back into a sleep routine requires a comprehensive approach. Rather than looking for an immediate solution, it is important to recreate the conditions in which the body and mind can regain their natural regularity.

The first step is to give the day a stable structure. Getting up at a set time, planning regular meal times, and alternating between periods of activity and rest create a framework that reassures the body.

This daytime consistency prepares the body for nighttime, even if the effects are only felt after several weeks.

Transitions are just as important. Marking the end of the day with a calming activity—a gentle walk, stretching, quiet reading—sends a clear signal to the nervous system. These moments of transition, repeated without constraint, establish a bodily memory that is conducive to falling asleep.

Accepting that this readjustment takes time avoids the pressure to perform. Sleep is not an action but a process. Allowing it to return is already a commitment to a sustainable practice of self-care.

Relaxation practices can support this return to a natural rhythm.

Deep breathing, progressive muscle relaxation, meditation, or attentive listening to the body can reduce the hypervigilance accumulated during the day.

These exercises do not force sleep; they simply prepare a calm environment where sleep can occur.

It is useful to distinguish between relaxation and distraction. Looking at a screen or checking social media diverts attention but does not release internal tension. Methods that focus on breathing and sensations create a real decrease in nervous activity.

Regularity is more important than duration. Practicing for a few minutes each evening, without seeking performance, gradually establishes a bodily memory.

The nervous system learns to recognize these signals as the beginning of rest, which makes it easier to fall asleep and reduces nighttime awakenings.

These practices also affect the perception of time. They help shift from a mindset of control – "I have to sleep" – to a more open availability, where sleep can occur without constraint.

Another important lever is organizing the day according to physiological needs. Exposing yourself to natural light in the morning, eating meals at regular times, and engaging in moderate but sustained physical activity early in the day strengthens the biological clock.

Daytime breaks also play a role. Moments of true relaxation—walking, breathing, disconnecting—prevent the accumulation of tension that would interfere with sleep. The quality of the night depends as much on how you live during the day as on your evening rituals.

Dealing with the unexpected is part of this learning process. Rather than aiming for unrealistic perfection, it's about building flexibility: knowing how to adapt when an event disrupts your schedule, then quickly returning to your usual rhythm.

This flexibility preserves overall continuity without locking you into rigid rules.

By making nighttime part of a coherent daily structure, we gradually restore the body's confidence in its own cycle and facilitate lasting, restorative sleep.

Finally, regaining a sustainable sleep pattern requires working on our psychological relationship with nighttime. Many people with insomnia experience nighttime as an adversary. Changing this relationship profoundly transforms the experience of going to bed.

We can start by reevaluating the night as a special time, with its own beauty and function. Observing the sky, feeling the silence, and welcoming darkness as a space of rest for the senses restores a positive value to this moment.

This change in perspective reduces the tension that often accompanies the wait for sleep.

It is also essential to give up the idea of total control. Sleep cannot be commanded, it must be received. By accepting that it may come later on some nights, we loosen the grip of performance and allow physiology to take its course.

This attitude of trust, supported by consistent habits and a peaceful environment, gradually allows sleep to become what it is: a natural process, unpredictable in its details but faithful in its return.

7 : When sleep speaks

Sleep is not just a biological function. It is also a language. Dreams, temporary insomnia, or sudden awakenings sometimes express what words cannot say during the day. They bring conflicts, desires, and unresolved decisions to the surface.

Sometimes this message manifests itself in the form of a nightmare. The scenario may seem strange, but it conveys a specific emotion: fear of loss, tension in a relationship, a sense of urgency when faced with a choice.

This content should not be taken literally, but understood as a metaphor that the psyche uses to reorganize itself.

Insomnia itself can be a signal. It indicates that a thought is seeking a different path than the usual waking mind. Rather than experiencing it as a problem to be solved—"I absolutely must sleep"—it can be seen as a stage of inner work.

This approach eases the pressure and often allows sleep to return spontaneously once the message has been heard.

Dreams are a laboratory of the mind. They mix memories, desires, and worries, sometimes in confusing ways. This weaving does not need to be interpreted as a puzzle to be solved.

It is enough to recognize that it continues, in its own way, the work of inner life.

The same scene may recur over several nights, evolving and transforming. This repetition indicates that a question is seeking resolution. Trying to freeze the dream into a single explanation can block this process.

Letting it live, accepting that it changes, respects the dynamics of the psyche.

When a dream awakens strong emotions, it can be helpful to give them time during the day: silence, talking to someone you trust, artistic creation. This is not an injunction to do something, but a way of allowing the trace of the dream to mingle freely with the experience you have had.

By avoiding the idea of having to derive a precise meaning from it, you allow the unconscious to continue on its path.

Waking up during the night can also be understood as a kind of message. It often occurs during periods of transition: moving house, changing jobs, or starting a new family phase. The body seems to be reminding us that a transition is underway and requires special attention.

Rather than forcing ourselves to go back to sleep immediately, we can welcome these awakenings as a time to pause. Lying calmly, breathing, and accepting the presence of the night sometimes allows sleep to return effortlessly.

There is a clear difference between saying to yourself, "I must sleep," and saying, "I can stay calm." In the second case, the pressure is released and rest often comes naturally.

These awakenings remind us that sleep is not a continuous block but a succession of cycles. By understanding how this works, we stop seeing them as a failure and can consider them a natural part of the night.

Sleep can also reflect conflicts between freedom and obligation. When a task weighs heavily as an unavoidable duty, tension can creep

into the night.

The brain, seeking a way out, wakes the body as if to mark a silent protest.

Identifying these areas of constraint is a step toward liberation. It is not a matter of shirking responsibilities, but of distinguishing between what is truly chosen and what has been imposed without consent. This distinction allows us to transform a burden into an accepted decision.

Welcoming these signals does not mean giving up all discipline. It means giving back a place to desire, to what makes sense. When an action regains its chosen value, the night ceases to be a battlefield and becomes a space for recovery and invention once again.

In this way, sleep confirms that it is not just a passive time. It actively participates in the adjustment between what life demands and what the subject really wants.

8 : Towards a peaceful relationship with the night

After exploring the causes and forms of sleep disorders, the challenge becomes building a peaceful and lasting relationship with the night. This does not mean achieving perfection without waking up, but finding a confidence that allows you to welcome each night as it comes.

This relationship begins with a reconciliation with the alternation of days and nights. Understanding that sleep is a part of life, not a passive interlude, changes our perspective.

Each day becomes a natural preparation for the following night, and each night nourishes the day that follows.

It is also essential to recognize that sleep remains a living process, unpredictable in its details. Accepting its variations—a shorter night, an unusual awakening—reduces the tension that can block sleep.

Regularity is built over time, not on the perfection of each night.

By placing the night in continuity with daytime life, we transform sleep from an object of control into a traveling companion. This confidence is the basis of a deep balance.

Regaining a peaceful relationship with sleep also involves redefining the idea of performance. In a culture where everything is measured, it is tempting to turn the night into a numerical goal.

Counting hours, comparing with standards, and constantly using tracking apps can increase tension and keep you from resting.

An important step is to trust your body's own rhythm. Sleep needs vary according to age, season, activity, and stage of life.

Rather than aiming for a fixed quota, it is better to listen to the signals of fatigue and alertness and let them have the final say.

This approach frees you from the obligation to "sleep well." It puts the night back in its place: a vital function that supports health, but cannot be reduced to a calculation.

By letting go of the pressure, we restore spontaneity to sleep.

Sleep is enriched when we restore its cultural and symbolic significance. In many traditions, nighttime is a time for spiritual regeneration, meaningful dreams, meditation, or prayer.

Rediscovering this dimension allows us to move beyond a purely utilitarian view of rest.

Incorporating simple rituals—contemplating the sky, listening to a chosen silence, rereading an inspiring passage—is not intended to achieve immediate results. It is about giving the night value in itself, inhabiting it fully rather than reducing it to a preparation for the next day.

This change in perspective transforms the quality of sleep. When the night becomes a time filled with meaning again, it ceases to be a duty or a simple means of recovery.

It becomes a living space, open to the creative and relational dimensions of existence.

Achieving a peaceful relationship with the night means finally recognizing that sleep is part of inner freedom. It is not a duty to be fulfilled, but a natural movement to which we can consent. This

recognition changes our attitude: we move from an effort to control to a confident openness.

This freedom is built over time. It is nourished by daily adjustments, attention to the body's signals, and welcoming dreams as simple passages of the mind. Nothing is set in stone; our relationship with sleep can evolve over time and with experience.

By letting sleep run its course, we discover that it carries its own wisdom. Some short nights balance themselves out, some awakenings open up new insights.

Rest becomes a form of dialogue with the living, where constraint disappears and gives way to trust.

This journey leads to a rediscovered simplicity: going to bed because night has fallen, waking up because the day is beginning. A movement as old as humanity itself, which has become familiar once again.