

# CHRONICALLY SLEEPY

My battery is on empty  
Each and everyday  
I pop a pill to pep me up  
To stop it from being this way  
I am a zombie by definition  
A prisoner of my body and my mind  
The tablets keep me moving  
Yet my alertness stays confined  
I am in a constant state of sleepy  
That fluctuates throughout the day  
My brain tends to lose language  
Forgetting the words I needed to say  
I can sleep no matter the situation  
I have a ticking clock counting down  
If I don't choose my time wisely  
My limbs and mind will just shutdown  
My brain is in slow motion  
And struggles to keep aligned  
I lose everything I think and see  
To a memory failing to stay online  
Simple tasks feel like a marathon  
And require a lot of support  
I constantly have to justify to others  
Which manifest guilt and makes me distraught  
Somedays I might just feel relief

From a sleepy state of mind  
But I have to stop myself from forgetting  
The way my body is designed  
I push myself to achieve  
A standard that society expects  
Trying to keep up with life  
And hiding the inevitable effects  
There is always a degree of loneliness  
And isolation is part of the deal  
My illness is not my only fight  
As my challenges effect how I feel  
Although my limitations are different  
And my road more challenging to navigate  
I am thankful for the strength I have  
And the life I have worked hard to create  
It is important to tell my story  
To those unaware of the life I lead  
Awareness is the key to support  
And will help me to succeed  
I am living with idiopathic hypersomnia  
And no pills or strategies are a cure  
My symptoms are never ending  
And a life I just need to endure

Toni O'Neill

