

## Where Has All My Energy Gone?

*by Liz Gibbons*

I am reminded of the Pete Seeger song “Where Have All the Flowers Gone” except I sing it “where has all my energy gone, long time ago.” I read an article where someone jokingly wondered how soon after getting up is it okay to take a nap. I laughed as some days my need for a nap seems to come too early in the day. In my younger days I rarely took a nap as I could not fall asleep, so it seemed useless. I had plenty of energy. My husband was a great nap taker. He could lie down and almost immediately dose off. My father came home for lunch. After lunch he would lie on the couch for twenty minutes before heading back to the university. He found that even just resting for that length of time was beneficial. I envied those who could doze off easily. Now I am one of those people who appreciate naps. Time for a snooze. Zzzzzzzzz.