

I Want To Wake Up.

By Tiarne Warner

People keep asking what I gave to my boyfriend for Christmas, 'A weighted blanket,' I tell them, 'To help him sleep.' He doesn't sleep well, but I lie there next to him, sleeping through the night, every night.

I find myself laughing with people, they want to know tips and tricks on how to sleep well. I have no advice. I tell them, "I'm just a good sleeper," and I am, I am one of the best.

I don't find it hard to fall asleep, I sleep a minimum of eight hours, and I don't wake during the night. This week I lost four days due to exhaustion. My mum says it's okay, that my body must need the rest, but I want to get up. I want to get out. I want to move and run and explore. I want to be free from the restraints my body puts on me.

I drag myself out of bed in the morning, and have to rest after I shower. I wonder if it's safe for me to drive to work. I struggle to stay awake, and drink too many energy drinks. When I arrive home, I want to ask my loved ones how their day was and really be able to take in their answer but first I have to recover from the day.

And what if I have plans? Where will I find the energy? I don't want to cancel on anyone or let anyone down so I will go and I will be exhausted but I will do my best to make sure no one notices.

I remember my life before chronic illness, I remember how much energy I had and how I could do whatever I wanted every day without having to factor in exhaustion or recovery. I want to have as much energy as I did before.

Everything else that comes with having a chronic illness I can take. I can take the pain, the hot flushes, the fainting, bloating, weight change, embarrassment, multiple doctors and the time and money spent on finding no cure. I can handle the fact that I will never be able to live alone, and that my emergency contact paperwork involves a lot more thought than other peoples. All this is manageable, it's just my life after all. But what I want is my energy to return.

I want to wake up. I don't mean to wake up to the fact that my life is good and that I can still achieve a lot living with a chronic illness, I've done that, and I am proud of the goals I am achieving. I am happy with the life I am living. I am managing my pain and my body is better than it's been for years. But still, I am tired.

I am so incredibly tired.

And I want to wake up.