Slumber Party

December 1, 2003

Since my diagnosis in August 2002 anxiety has kept me up at night. So my roommate got me some relaxation CDs to help me sleep. The first was *Nature's Symphonies*—sweet animal noises that calmed my nerves. But every time the birds started chirping my two cats went nuts, waking the dog and then me. Then I tried *Thunderstorm in the Wilderness*. The sound of rainfall helps me feel warm and secure, sending me off to slumberland. The only problem is that all my animals want to get under the covers with me, out of the "storm." No matter—at least now we're all snoozing under there.

--Michael DeLane, San Francisco

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