

Beloit Daily News  
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There are studies that say the older you get the less sleep you need. If that is true, then I have been old for about the last seven years. I have no problem falling asleep. It's the staying asleep part that is the problem. Whether it's the dog, the husband or the snow plows coming through at 3:17 a.m., if something wakes me up, forget it. I'm up for the duration. My mind starts thinking about one thousand and one different things and I just can't get it to settle.

As frustrating as that is, some of my best ideas come to me in the wee hours of the morning. At least they seem like the best ideas at the time. When I actually get up the next morning for some reason they lack clarity and focus. Really, it made perfect sense to me in the haze of my struggle to fall back asleep. This morning? Not so much.

One such fabulous idea was to write about "X" in this column. I was going to say this about "X" and then I was going to let everyone know that about "X". It was perhaps one of the best columns I had ever written in my head. I was going to win awards for this column. I was going to ride on the accolades of this column for the rest of the year. This was going to be my opus.

And for the life of me, do you think I can remember what I was going to write about? Nope. Gone. Can't remember even a tiny little shred of the idea. So, here's what I'm going to write about instead.

If you ever find yourself awake at 3:17 a.m. and can't fall back asleep, know that the Beloit Public Library feels your pain. Did you know that you can check out audiobooks, e-books and magazines in the middle of the night from the comfort of your own home? Well, you know it now. Wisconsin's Digital Library, powered by Overdrive, offers millions (yes, millions!) of titles that you can download to your electronic device without having to leave your warm snuggly bed.

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*Let's Be Less Stupid: An Attempt to Maintain My Mental Faculties* by Patricia Marx. Marx ...uses her sharp-edged humor to tackle the most difficult facet of aging: the mind's decline. From forgetting her brother-in-law's name while he was wearing a nametag to hanging up the phone to look for her phone, Marx confesses to her failures, and not only to make you feel better about yourself. (Book Description)

*Shhh! This Book is Sleeping* by Cedric Ramadier. Hold this book gently because it's very sleepy! A mouse inside the pages invites you to read the book a bedtime story, tuck it in with a cozy blanket, and give it a hug and a kiss. Oh, and don't forget to ask whether it brushed its teeth and went pee-pee! Then turn off the light. There. Shhh! This book is sleeping! (Book Description)