Day 26 - Sleep and Mothers Day

March 10, 2013 By Gemma Peppe

About half an hour after taking my pills, a strong urge to lie down and sleep comes over me. The last few days I've given in to this. I don't wake feeling fresh after this extra sleep.

On Saturday morning I drove out of London to my folks. I went for a walk with my mother to look at the spring flowers which have taken so long to come up this year. When I'm at my parent's house I fall asleep the minute my head touches the pillow and I sleep for around 12 hours. When my son was little it was the only place I could completely switch off and nowadays it's just habit.

When I got back to London I found tulips and hyacinths from Louie and a clean house for mother's day. My mother wakes up with flowers at her head and feet every day. My father painted them all round her bed for her. The pic is my father's flowers to my mother and the bluebells are to celebrate one of my nieces.

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