Banjo-boy Final

Laugh don’t cry series 1

(**Bedroom Antics):**

As promised in an earlier piece this is an irreverent look at PD and some of the practical difficulties it throws up.

Before we start I’m a bit annoyed with my 'tablet' -the writing notepad type-not the ones we swallow! It is so sensitive that touching the screen inadvertently in almost any position leads to unwanted text and a start back to square one! I have been in virtual contact with the king of Siam, the ‘Mira Call and the very important Personal Dept ! Sounds like a plot by the Russians or Chinese or just bad design! There must be a widget,or a doodle or a what to help this?

Of course there will be folk for whom just looking at a screen would be a minor miracle let alone writing some text- good luck steady hands and perseverance to you.

Sorry, if the sub title has lead you to certain expectations (naughty you!) but this is a tease and hopefully of some practical value.

Getting in and out of most beds can be exhausting! There is a certain irony about this as we seek refuge in the very place we may find challenging. Beds, like people, differ in shape, size, height, materials used and mattress factors. It’s no wonder that at times we feel like a stranded whale unable to move in any direction - but without the help of those kind bods from Green Peace. My mattress is on slats great fun if you wish to move in your sleep like a dreamy rollercoaster but on waking up you may find you are a bit nearer the edge than you envisaged!! Gravity is always ready to complete the job.

After ages you can be back at square one -or less -adding frustration and tiredness to the pot! .

How can we try to break the circle :a few ideas.

First, whatever you do a bit of forward planning should help and do do do slow down! Next get on the mattress in whatever way you feel capable-or see my previous piece on this , and then the fun begins.:

To move left/right a combination of moving knees together and a body roll Inch by inch you should make some progress—good luck!

A technique to master involves from lying flat then using your arms or elbows up and down and on spot -like doing inverted push ups -see If your can pull your body upwards and shuffle along. BUT this is hard to do as it relies on your relative. strength -to weight ratio (don’t you just love a formula?)

As an alternative - before young master Fosbbury Flopped -all those years ago -showing how you can use your old scissor action kicks like a mixture of modern day Karate Kid and Kung foo Panda!
Hopefully you can adjust your centre of balance this way and reach success .

 Warning; use your kicks carefully as you may scare the pets, as well as the spouse and they may start kicking back!

I don’t want to be a killjoy but like most people you may have pulled out all the stops and exhausted yourself and you found a warm and snug position to unwind when after a while (a) the mattress develops an uncomfortable dip (b) your legs get restless, and of course (c) you need the loo !!!

You can fill in d yourself…..

You may be a person for whom sleep is a constant battle (most/all?) and for whom the sheep cannot be found let alone counted,… Why not write down some thoughts of your own?

Hope we are on the same wavelength. Please add anything to the Forum you like. Cheers. Banjo-boy 👍