

The Rigors of Sleep

By Marilyn Penn

NEW YORK, NEW YORK—Mid-life hits everyone with a different set of blues. Some people lament a departed waist and the arrival of its surrogate, a pair of well defined love handles. Others have to contend with mate separation, empty nest syndrome, imminent retirement, or the almost universal disillusionments about one's self, partner, child, parent, or general lot in life.

In my case, sleep became the battleground for working out my problems. Then, perversely, sleep itself became my biggest problem.

Somewhere around age 50, I began to perform the following activities while asleep: snore, grind my teeth, tense my shoulders, stiffen my neck, shorten my spine, cramp my feet, inflame my sweat glands, provoke my bladder, and wrestle with my pillow. These exercises left me putty-faced and deeply creviced every morning. And that was just the physical part. Always prone to nightmares, I found that as soon as I shut my eyes I was losing teeth, being abandoned in lunar landscapes, running from serial killers, and constantly making heart-stopping mistakes like leaving my daughter in her high chair while I went skiing for the weekend.

Rather than embracing the arms of Morpheus, I seemed to be cross-channeling into the Labors of Sisyphus and exhausting my body in the very act of rest. The paradox was that I had no trouble falling asleep, or even staying asleep for several hours. But the longer I slept, the more fatigued I would feel. I

looked forward to wakefulness as surcease from labor. I couldn't wait to jump out of bed before dawn for a relaxing round of housework.

My husband was a bad sleeper too and I began to wonder if our bedroom had unwholesome vibes. Sheepishly, I began asking others about their sleep habits. That's when I discovered that there are *hordes* of people out there who are sleep sufferers. In addition to all of my own symptoms I was hearing about dry mouths and throats, nasal congestion, itchy bodies, neurasthenic feet, acid reflux, and inordinate hunger pains. Perhaps sleeplessness is the body's quest for relief from these rigors.

Or perhaps the problem lies in our expectations. Programmed to believe that we all should be getting seven hours or more of nightly relaxation, we become disturbed and anxious when the opposite takes place. The truth is, I'm seldom sleepy during the day, just tired when I awake. Once up, I feel relieved and energetic and all aches and pains disappear. But then I'm bombarded by articles about sleep deprivation, talk show segments on how to get a better night's sleep, and medical warnings about Americans falling asleep at the wheel. Not to mention killing their babies by rolling over them in bed. I worry about all of this. And then about the fact that worry interferes with quality sleep.

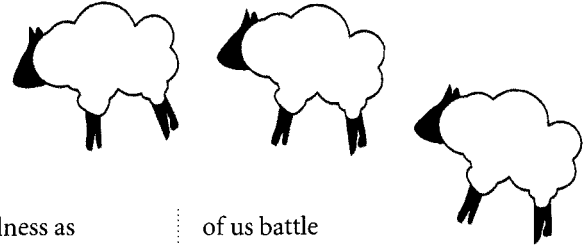
I know that out there in America another support group is waiting to be born. We will call it Jacob's Ladder, in honor of the first recorded incident of a man wrestling in his sleep. Though most

of us battle demons instead of angels, we know the basic feeling. Jacob was wounded during his sleep encounter but he survived and went on to become a wide-awake patriarch. As he approached mid-life, he probably developed arthritis in that injured hip and proceeded to thrash about like the rest of us.

Though Jacob is our role model, his son Joseph must be considered a sleep troublemaker. It was Joseph who presumed to interpret dreams, thereby bestowing additional significance on the state of sleep. Had it not been for him, sleeping might have remained an activity like blinking or yawning, not subject to extreme scrutiny and concern. No one walks around asking his mate "How are you blinking today?" or "Did you get enough yawns?" No one even knows how many blinks or yawns are appropriate, so we neither worry nor think about it.

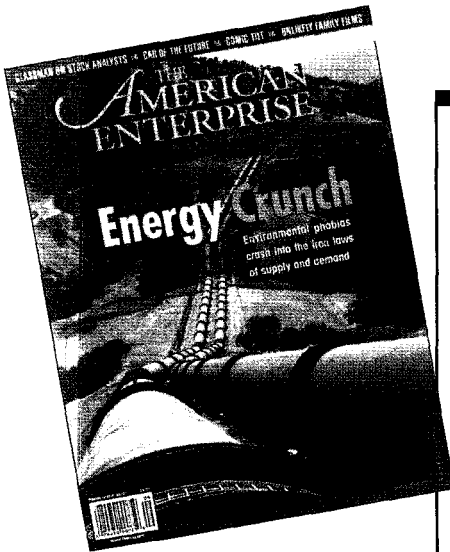
Like other successful support groups, Jacob's Ladder will incorporate a twelve rung program. I'm not sure what all of these will be yet, but I do know that the first one will mandate no obsessing over insoluble sleep problems. Just as alcoholics must discipline themselves to resist taking a drink, Ladderites will learn to sit among others and bite their tongues before answering the question, "Howdja sleep last night?"

New York writer Marilyn Penn has been published in Newsweek and elsewhere.



Pick A Free Issue

Subscribe or Renew NOW
& choose a FREE issue from our collection of greatest hits!



Start a one-year subscription to *The American Enterprise*, or extend your existing subscription (in either case at our standard one-year price of \$28), and we'll send you a classic back issue at no extra charge (a \$6 value).

We'll even let you **choose** the issue you want.

Fill in your subscriber's information. Then mark the free back issue you'd like, and we'll send it at the same time we process your subscription order.

Copy or tear out and mail to
The American Enterprise
109 Briarcliffe Road
Dewitt, NY 13214

or FAX to 315.449.3242

- ☐ **Great Debates** Pat Buchanan vs. Ben Wattenberg on immigration. C. S. Lewis vs. Sigmund Freud. Rural America vs. David Brooks. Realists vs. Enviros. CBS's Goldberg on media bias. (Mar '02)
- ☐ **Good Art/Bad Art** Why most modern art is so awful, and how to change that. Karl Zinsmeister, Andres Duany, Michael Medved, Jonah Goldberg. Plus Wm. F. Buckley interview. (J/F '02)
- ☐ **Islamic Terrorism** Where it came from. How to stop it. With exclusive reporting from the Middle East. Also, Josiah Bunting III on education and character. (Dec '01)
- ☐ **Energy Crunch** Environmental phobias crash into the iron laws of supply and demand. (Sep '01)
- ☐ **The Slavery Reparation Controversy** John McWhorter, Derooy Murdock & others discuss the flawed logic behind the argument. Also: Our sick postal system's future. (J/A '01)
- ☐ **Delinquents in Suburbia** From the inner-city streets to our backyard—how white middle-class suburbs are producing today's juvenile criminals. (June '01)
- ☐ **Missile Defense: Ready or Not?** Is it needed? Is the technology ripe? Can we afford it? Answers from Richard Perle, Newt Gingrich, P. J. O'Rourke, Jeane Kirkpatrick & more. (A/M '01)
- ☐ **America's Divided Politics** Mona Charen, Chris Matthews, Ed Koch, David Frum, Michael Medved, David Boaz & others debate the country's future politics. (Mar '01)
- ☐ **Model Schools** A year's worth of reporting from 14 schools that really teach. Also: Shelby Foote, unfiltered; Michael Novak finds God. (J/F '01)
- ☐ **Fixing Immigration** Critics from Left and Right, including Michael Barone, Samuel Huntington & Linda Chavez. Also: John McWhorter pleads "Let Blacks Compete." (Dec '00)
- ☐ **Bush & Cheney's Backyard** A look at Dallas shows what booming Middle America has to teach coastal elites. (O/N '00)
- ☐ **Where Are Today's Heroes?** Answers from Stephen Ambrose, James Webb, Ben Stein & others. Also: *NY Times* to NYPD: Drop Dead! (Sep '00)
- ☐ **The War on Boys** by Christina Hoff Sommers. Also: Ward Connerly recounts his struggles, Bob Costas. (June '00)
- ☐ **Does Father Still Know Best?** Reflections on fatherhood from Ben Stein, Barbara Dafoe Whitehead, Karl Zinsmeister & others. Also: Blacks, moms, and cops against gun control. (S/O '99)
- ☐ **Deep Inside America's Military Academies** James Webb, Pat Conroy, Bill Kauffman & others in a special report based on 12 months of in-depth investigation. Also: Chris Matthews, live. (J/A '99)
- ☐ **Whatever Happened to the Truth?** Christopher Hitchens, Christina Hoff Sommers & Lynne Cheney on the lying epidemic. (M/J '99)
- ☐ **How to Clean Up Trash TV** Answers from Michael Medved, David Horowitz, Joseph Lieberman, Steve Allen & more. (M/A '99)
- ☐ **Will China Bury Us?** Conflicting answers to this crucial question by P. J. O'Rourke, Pat Buchanan, Steven Mosher & many more. Also: How guns can stop mass shootings. (J/A '98)
- ☐ **Tradition: Who Needs It?** Exploring the value of time-tested ideas. James Webb, Stanley Crouch, Wynton Marsalis, Michael Medved, E. D. Hirsch, Miss Manners, Mark Steyn, Charles Murray. (M/A '97)
- ☐ **Privatizing Social Security** Meet the super-reform that would rev up the national economy and dramatically shrink government. (J/F '97)



☐ Please start my one-year subscription to *The American Enterprise*.

(AFBI02)

☐ Please extend my current subscription by one year.

(EFBI02)

Name.....

Address

.....

City

State/Zip

☐ check for \$28 (made out to *The American Enterprise*) enclosed.

☐ bill my VISA/MC/AMEX

card #.....

expires.....

sig

phone.....

THE
AMERICAN
ENTERPRISE

Terror Watch

America's Homegrown Terrorists

By Brandon Bosworth

Enron CEO Kenneth Lay wasn't the only one pleading the Fifth Amendment on Capitol Hill in February. Testifying on February 13 before a House committee investigating terrorism committed in the U.S. in the name of environmentalism, former Earth Liberation Front (ELF) spokesman Craig Rosebraugh invoked the right against self-incrimination over 50 times. He even took the Fifth when asked if he was a U.S. citizen. At one point Representative George Nethercutt (R-WA) jokingly asked if Mr. Rosebraugh was "in any way related" to Mr. Lay. As you might have guessed, Rosebraugh took the Fifth on that one, too.

Craig Rosebraugh hasn't always been so hesitant to speak his mind. A scrawny, bespectacled 28-year-old with a shaved head, he first became involved with ELF and its sister group the Animal Liberation Front (ALF) in 1997. He claims the organizations contacted him anonymously with assorted statements and communiqués, which he then prepared as press releases. These releases were sent to the media, and Mr. Rosebraugh made himself available for interviews and speeches.

Who exactly were these shadowy people Mr. Rosebraugh was representing? ELF first reared its ugly head in England in 1992. By 1997 it had begun to operate in America. There are no formal headquarters or known internal structure, and most of its members seem to be high school or college students. But over the years, both ELF and ALF have been responsible for many serious acts of eco-

terrorism. According to James Jarboe, the FBI's top domestic terrorism officer, they are "the most active" and "cause the most damage" of any U.S. terrorist organization. He estimates that ELF and ALF have caused \$43 million in damage over the years. One of the most costly acts was the 1998 torching of a ski resort in Vail, Colorado that caused \$12 million in damages. In 1999, ELF members set fire to Michigan State University's Agriculture Hall to destroy academic research they found offensive. A million dollars of damage was done to a Eugene, Oregon car dealership when enviro-terrorists destroyed 36 trucks and SUVs. Last year, ALF firebombed the Coulston Foundation biomedical facility in New Mexico, causing another \$1 million in damages.

There's more. In his testimony to Congress, Richard Berman, executive director of the Center for Consumer Freedom, explained that "during the past three years, ELF and ALF have claimed responsibility for smashing bank windows, torching a chicken feed truck, burning a horse corral at a Bureau of Land Management facility...even setting bombs under meat delivery trucks." He noted that ELF and ALF took joint credit for the firebombing of a Tucson, Arizona McDonald's that occurred, ironically, on September 11, 2001. Mr. Berman estimates these groups are responsible for "well over 1,000 documented criminal acts in the U.S." ELF and ALF themselves admit to committing 137 illegal acts in North America in 2001 (25 since September 11), causing millions of dollars in damages.



Craig Rosebraugh of the Earth Liberation Front and Animal Liberation Front.

Throughout their terror campaign, ELF and ALF could always count on the support of Craig Rosebraugh. He shrugs off the idea that he represented vandals, saying "if we are vandals, so were those who destroyed forever the gas chambers of Buchenwald and Auschwitz." Mr. Rosebraugh defends the burning of a luxury home in Boulder, Colorado on the grounds that "there is no reason...for someone to have...a multimillion-dollar home when there are people living in the same city who can't afford proper shelter." Do ELF and ALF expect to win new converts through terrorism? "That's not the immediate goal," according to Craig Rosebraugh. "The immediate goal is to cause economic damage."

As for the possibility of "physical harm that may come to the public," Mr. Rosebraugh says ELF and ALF "pose no