

sleep

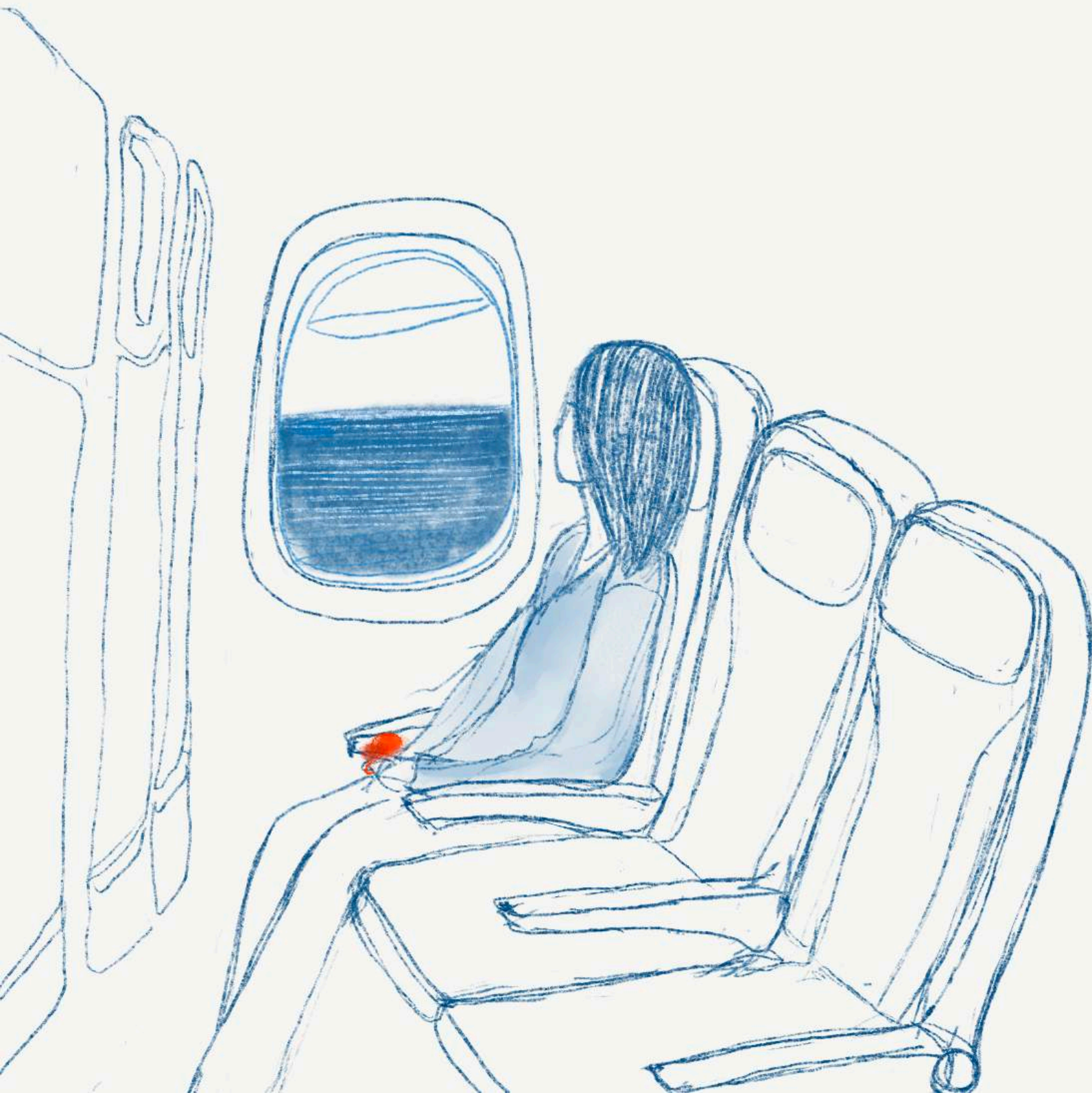
sleep



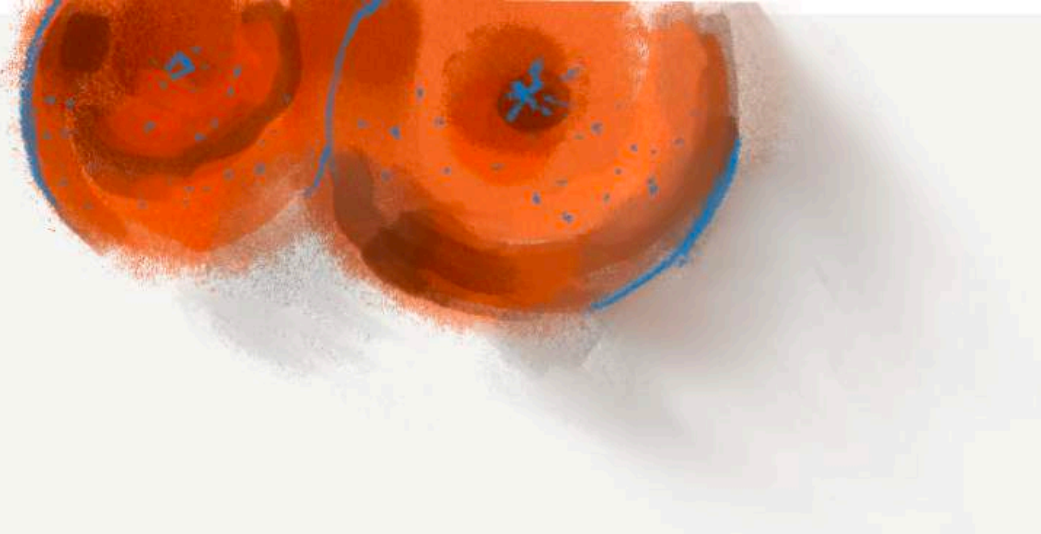
an ongoing ritual
vol. 1
by kening zhu



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why

why a zine about sleep? in the ongoing work of nurturing a creatively rich, attentive life, I've realized how much I've underrated this element of sleep. it's the essence of yin energy, and a portal to the unconscious; to bodily knowing. this zine is the beginning of my exploration. in learning how to live more awake in this world, first, I will learn how to sleep.



felt sense

after sleeping well

after not sleeping well

soft dreamy energized

open

spacious

easeful

smooth

light

buzzing

foggy

irritable

static

tender

tired

headache

in flow

gentle

anxiety

prickly

annoyed

possible

tight

zombiesque



windy

surrender

constricted

nauseous

dazed

clear

in the mood

to fight

varieties
of sleep

GRAVITY-INDUCED

"i walked
all day" sleep

"i danced all
night" sleep

"i traveled across the
world" sleep

"i exercised a lot"
sleep

"i'm crashing" sleep

NAPS

accident naps

"power" naps

sunday naps

zombie naps

EVERYDAY

"it's already X
o'clock!" sleep

gentle sliding sleep

luxurious indulgent sleep

"I should sleep" sleep

spiritually connected
sleep

FELL ASLEEP WHILE

reading a book

watching a movie

meditating

journaling

EMOTIONALLY CHARGED

"my brain can't stop"
sleep

"i'm so angry i can't
sleep" sleep

"i want this to be over" sleep

tears on pillow sleep

too wired to sleep sleep

hold me tight sleep

leave me alone sleep

who are you again? sleep

IN TRANSIT

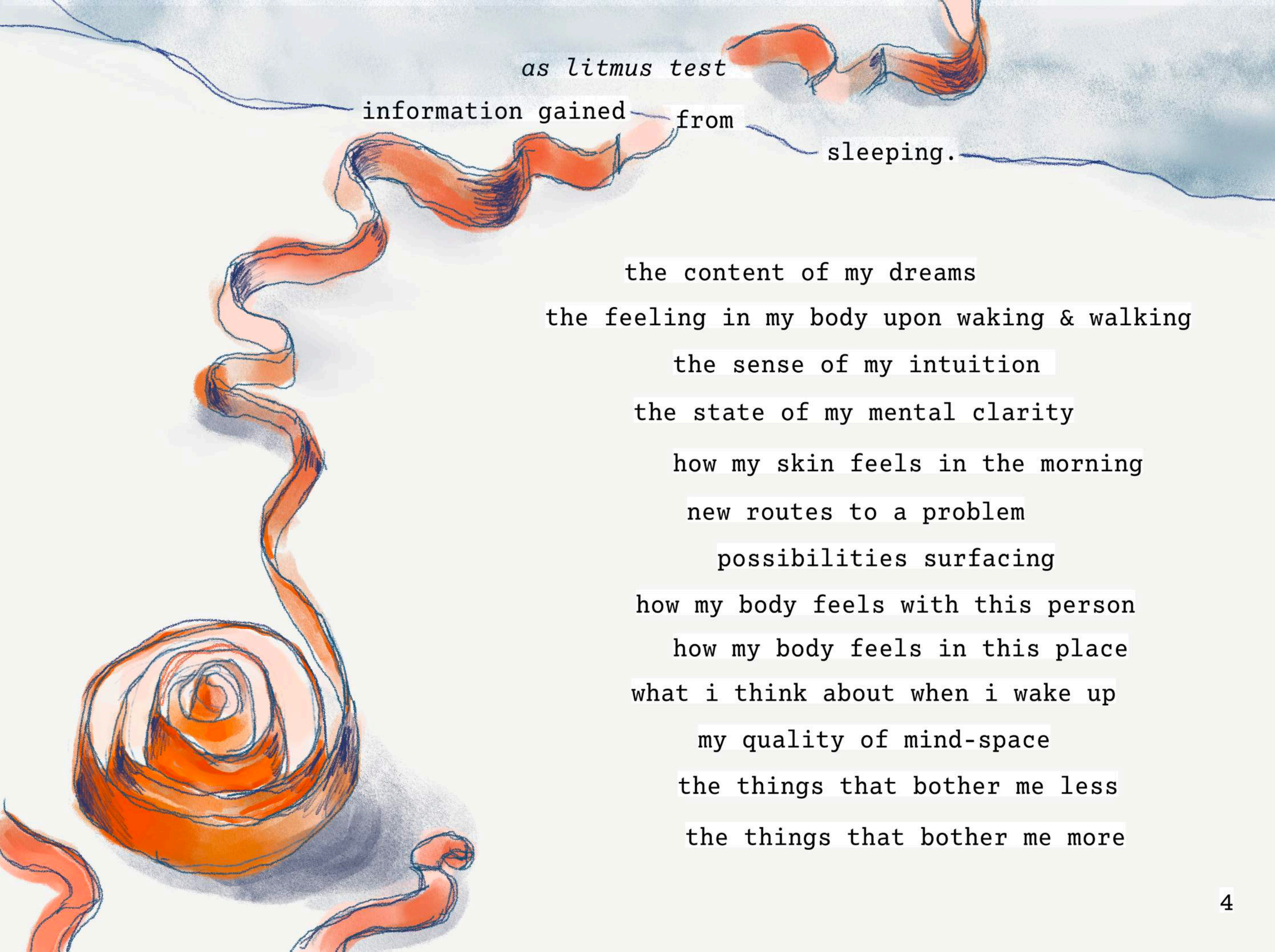
train ride sleep

car ride sleep

plane ride sleep

bus ride sleep

subway sleep



as litmus test

information gained from sleeping.

the content of my dreams

the feeling in my body upon waking & walking

the sense of my intuition

the state of my mental clarity

how my skin feels in the morning

new routes to a problem

possibilities surfacing

how my body feels with this person

how my body feels in this place

what i think about when i wake up

my quality of mind-space

the things that bother me less

the things that bother me more

1 2 3 4 5 6 7 8 9 10 11 12 13+ hours

nauseous

like being sick

disfunctional

shaky

irritated

anxious

headache

suffocated

zombie-like

sufficient

healthy

awake

functional

open

poreous

indulgent

luxurious

like i went

to a spa

deep ocean diving

like living in a dream

cloudy & soft

or like being drugged



meter by hour

appreciation

sleep connects me to my body's wisdom. sleep makes things feel softer. it untangles my mind, coaxes it to unclench its hold; to let go of its need to create and solve problems. sleep unearths a deeper knowing, opens a window inside of me where it's always windy and spacious. getting 7 hours of sleep feels like a good recharging, but 8 or 9 hours feels like a deep luxury. more than that is like going on a psychic retreat.



intention

i intend to create cocooning spaces for me to sleep in, to nurture them with rhythm and ritual, as my private refuge.

i give myself permission to sleep not only what feels sufficient, but luxurious and indulgent, as a daily gift to myself. i honor the wisdom that comes from sleep, trusting in what my body can show me. i trust in sleep to help me find more effortlessness and flow in my waking hours.

elements

-

in bed late
street noise
feeling of scarcity
feeling rushed
harsh lighting
feeling of necessity
emails & messages
obsessive planning &
problem solving
violent movies
bad media
drinking too much water
heat
high pillows

+

in bed before 9
ambient music
feeling of abundance
a slow wind down
candles
wind & rain sound
mood lighting
scents
baths
journaling
reading
tactile paper
herbal tea
deep breathing
meditation
intention to let go

an ongoing ritual

(a) *analogy ritual*

9:00 disconnecting *tea*
 shower, wash face, brush teeth, skincare
 reading, journaling, writing, music, tea
 meditating
10:30 in bed, darkness



(b) *film ritual*

8:30 disconnecting *tea*
 shower, wash face, brush teeth, skincare
 watching a film ^
 meditating
11:00 in bed, darkness

a sleep log

date:

window of time:

hours slept:

quality of sleep:

dreams:

mood upon waking:

body feels:

mind feels:

afterward

thank you for reading. this zine is my way of nurturing a deeper relationship to my rituals, and my first little experiment in digital “book” making. if you’d like to read more zines, or want a guide to making your own, send me a note to let me know! i’d be happy to hear from you.

you can also support my work with a donation, or by joining my subscription program for more inspirations, gifts, & guides to the creative life.

wishing you deep rest,
kening

