

## **Body Clocks**

Marilyn's entire life went against her body clock.

She loved staying up late, even as a child, but had to wake early, using an alarm, to get to school, then work. She could stay up late only Friday and Saturday nights. She felt better in the evenings, better at 1 a.m. than 1 p.m. Her mornings dragged on, her nights were electric. Sadly, the world was not on Marilyn's clock—as she was reminded every morning the alarm woke her.

Marilyn was denying herself, who she really was. Every morning waking to an alarm. Every night, struggling to fall asleep. Sleep when she could be reading a book, watching TV, using her watercolours.

Coffee helped. Mornings would be a struggle without a mug. If she remembered to eat in the mornings, that helped. She did not begin perking up until the afternoon. By evening, when everyone else was ready for bed, she was primed to rock and roll.

She could alter herself, everyone around her, the entire world. She was tired of not meeting her needs. The world was too much—wanting to be practical, she settled the city she lived in and everyone around her. They were the immediate problem anyway. She developed a long term plan. At first, there were increased articles about the dangers of too much sun and the pleasures of moonlight. Using subliminal messaging and drugs in the city's air, people were encouraged to enjoy night life more. Restaurants and theatres stayed open longer. Work shifts soon started at 11, then noon, then one in the afternoon. Schools opened at noon. Grocery stores were open all night, closing in the mornings to restock. Soon most of the city was tuned to Marilyn's body clock—up until three or four, wake around eleven or noon.

At first, Marilyn felt more natural than ever. She made a lot of new friends, now that she was more awake to enjoy them and they were up late as well. Until she realized what she enjoyed most was—being alone. Previously, she was alone at nights. Now, she was...surrounded. She felt worse than before. Ironically, the only work where she would be alone was the day shift, starting at 6 a.m. She had to set her alarm.

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