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7/12/92

Dear Fred,

You phoned one of two consecutive days I simply could not stay awake when I took a nap and roused or was roused. I was never really awake when Lil gave me the phone and all I remember is your signing off.

I have something called sleep apnea. Means that sometimes when asleep I do not breathe. It also means that I can not stay asleep long and that the sleep is of poorer quality. There is simple surgery that can correct it for most sufferers but I am a poor candidate for any surgery and that has been ruled out. There is a helpful medication but with me that could result in surgery when any clot can be the end. So, I now have what is called a "C-PAP" machine. I think it means controlled pressure in air passages. It feeds compressed room air into a mask that fits over the nose, through a flexible hose, the compression of the air overcoming the blockage. Only I've run into problems with that, probably contributing to my inability to stay awake those two days. The room air here is drier than in the hospital where the tests were made. So, I got a cold, infection or both from the dry air forced into my nostrils and can't even use the gadget. Not even now that a humidifier attachment has been provided. I'll have to wait until my nose comes back to normal, so that it does not begin so dry.

I suppose complicating it a little more is the fact that from ~~some~~ sleep apnea one can doze off any time of the day, even driving, one of the major concerns the doctors have, in general. I got to feel that way only once and made out.

Sorry, it was something I could not help. It has happened even during my regular blood testing and I can't tell you how many books I've dropped that way, falling asleep while reading them.

So, if you said anything at all to me aside from ending the call I have no recollection of it.

When I nap Lil ordinarily screens the calls, waking me only if she thinks she should. That gives her a chance to see whether I'm alert. She assumed I'd want to talk to you so she shook me, told me you were on the line, handed me the phone, and then returned to her work at her desk. Until she later took the phone from my hand she did not know I'd not really awakened. I was still asleep when she took the phone and cradled it.

For some weeks now I've rarely been able to stay sleep much more than an hour at a time. With whatever the gismo gave me I slept for very brief naps only and then tried to nap more during the days. Some days I could not do much, others I worked fairly well. I've drafted three chapters of "Twenty-Eight Years of Silence" ^{and here} ~~and here~~ two others started. By the way, I have notes Finck made in 1975 if they interest you. And I suppose you were not able to get a transcript of Lundberg's press conference. With apologies,

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