

FAST ASLEEP

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asleep. in a state of sleep. Word Family. fast asleep. the "fast asleep" family. Usage Examples. All Sources Fiction Arts / Culture News Business Sports Science.

Fast asleep definition and meaning | Collins English Dictionary

"If you're anxious and worried, it's very difficult to relax and fall asleep," says Meltzer. "When you're not sleeping well, you'll be more anxious."

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It's just one of those words that has two meanings that happen to be near-opposites. And haven't you ever been asked to fasten your seat belts?

His entrance awoke his wife, who was in bed and fast asleep when he came in. Notable of these was William Shakespeare, who used that term to describe Lady Macbeth's nocturnal ramblings, in Macbeth. Besides electronic devices like tablets and smartphones, the biggest blue-light offenders in your home Fast Asleep likely fluorescent lightbulbs and LED lights, which many people use because of their energy efficiency and powerful light.

Give yourself a romantic break from all the blue and eat dinner by candlelight. certain medical conditions or medications are the cause of your sleeplessness, the most common culprit is anxiety, says Lisa Meltzer, an education scholar for the National Sleep Fast Asleep and associate professor of pediatrics at National Jewish Health in Denver.