

# The neurologist

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## Summary

This one-hundred-word vignette on insomnia, humor, inadvertence, and affect is written for a special section of “hundreds” for Kathleen Stewart.

## KEYWORDS

affect, humor, hundreds, inadvertence, insomnia, Kathleen Stewart

The neurologist is a singularly humorless man. Piggy, priggish, he contrives, in the half-light of his office, at once to be slumped and hectoring. He has just finished giving me a long list of CBT instructions: ways, when sleepless, to trick my derailed brain by performing normality. *How long will it take for this to make a difference*, I ask, at the end of my rope. A flicker of irritation crosses his brow: *your insomnia isn't going to go away overnight*. He has absolutely no idea why, for the time being and exhausted as I am, he has cured me.

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