the only demonstrable survivors are anatomically modern human beings (or those humans that survived) and Neanderthals.

i am extremely fortunate that i have a 2yo son—so i'm considered to have secondary infertility.

a comprehensive summary of the present state of sleep research (with full citations to the literature) can be found in Gayle Greene’s book *Insomniac*.

that being said, i have IBS-D plus MDD and panic disorder.