I Owe Sleep

I understand the basics of sleep,
Kreb’s cycle, lactic acid conversion
To acetic acid & carbon dioxide, glucose
Recharging batteries, trace mineral bath,
Kidneys flushing out metabolic sewage.

Watch you sleep near silently like a cheetah
Breast rising softly like fresh dough,
Lips slightly spread in baby whispers,
Eyes fluttering behind eyelids at 35 mm speed
Making dream segments, editing surreal time.

What I don’t understand is what energy,
Force, presence does that rebirth, repair
And how incredibly anything is left over
At the beginning, middle & end of the day
To spill, splash & syrup-cover the likes of me.