

“Sleep”

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[30 Days of Writing](#) – One Word Prompts  
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Day 30: “Sleep”

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All he wanted was sleep.

It had been a long night. He dragged himself into the house just as the sun was coming up. Glen and Vivian were kind enough to loan the use of their home to anyone who needed it after a shift, and Adam definitely needed it. He couldn't see how he could trek all the way back to his apartment as exhausted as he was.

He heard the soft sounds of breathing coming from the other bedrooms, where Glen and Vivian were no doubt asleep. No one else had taken them up on the offer and the couch was free. Adam sank down onto it with a heavy sigh.

Every part of his body hurt from the shift. Full moon nights were always the best and the worst. He rubbed his shoulder and fell back onto the cushions. He should eat something, he briefly thought. A snack afterwards was always helpful, but he couldn't bring himself to move from the couch. His muscles felt like lead.

He inclined his head back on the couch. His eyes slid closed. The soft, hushed sounds of the house lured him toward sleep. Just a few minutes, Adam told himself. Just a few minutes of sleep, then he'd fix something to eat, then he'd pass out for the rest of the day.

He exhaled a deep breath and managed to draw his arms around himself. He relaxed into the overstuffed couch. A few minutes, that's all.

Adam was asleep seconds later.