

UNDER THE STARRY NIGHT

by
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One of the first thoughts that come to mind when I think about self-care is sleep. However, it is also a need that is often neglected or taken for granted. It comes easily to some, while many have tumultuous relationships with sleep. *Under the Starry Night* is the portrait of a woman lying under Van Gogh's famous depiction of a starry night. The woman and the night sky convey serenity, which is the opposite of Van Gogh's relationship with sleep. He suffered from insomnia and often doused his bed with camphor to help him sleep. Eventually, this practice proved to be disastrous as he ended up getting poisoned by the camphor. Unlike Van Gogh's or most of our relationships with sleep, this artwork is what we aspire to achieve. A good night's sleep ironically seems like an unattainable dreamlike fantasy.

