



**SLEEP AND WAKE ART
COLLECTION OF PAINTINGS ON SLEEP WAKE SCIENCE**



Artist: Dr. Tripat Deep Singh

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From the Artist

Some years back I made an observation that-

“Arts and Science are like two friends walking together but cannot talk to each other as they do not understand each other’s language”

I am a Science student and an artist as well and always felt that arts and science can talk to each other, someone needs to find the common platform. I am a practicing Sleep Physician and luckily I found the common platform in “Sleep and Wakefulness Science” for science to talk to arts.

Most of us Sleep at night time and are awake during the day. If we Sleep well at night, we are fully alert in the morning. As the noon approaches our alertness declines because the Circadian drive that keeps us awake declines around noon time and we feel Sleepy. We are alert again in the evening and at night Sleep pressure has built up enough during the daytime that puts us to Sleep. Also, different colours that we encounter during different times of day and night affect our alertness state differently.

I am sharing with you 12 of my paintings with themes based on above science and I feel finally I can see “Science and Arts” talking to each other narrating beautiful stories. Each painting with its theme is “Arts and Science” story talking to each other for each coming month in 2021.

I leave you to enjoy these stories that “Arts and Science” are weaving together and wish the New Year brings a lot of beautiful stories in your life.

Happy New Year.

Dr. Tripat Deep Singh

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From the Artist

Sleep well and on time.

Sleeping well and on time,
keeps me awake during daytime.

Sleeping well and on time,
keep infections away,
& drivers drive away.
Sleeping well and on time,
brings smile on my face,
keep mistakes away,
my mind clears away,
keeps memory sharp and,
gets my heart to laugh.
Sleeping well and on time,
My emotions are fine,
Embracing the life.
I grow through the life.
Sleeping well and on time,
I enjoy my time, waiting for dusk,
To Sleeping well and on time.

By: Dr. Tripat Deep Singh

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Night Moon Romance



“At night we Sleep and two lovers meet”

Acrylic Paint on Circular Canvas with Diameter of 16 inches

Morning Glory



“We wake up in Morning Glory, to live a lovely story”

Acrylic Paint on 16x24 inch Canvas

Shades of Day



“Shades of Day affect moods of Day”

Acrylic Paint on 12x16 inch Canvas

Dusk



“Comes the Dusk, rest the work”

Acrylic Paint on 16x24 inch Canvas

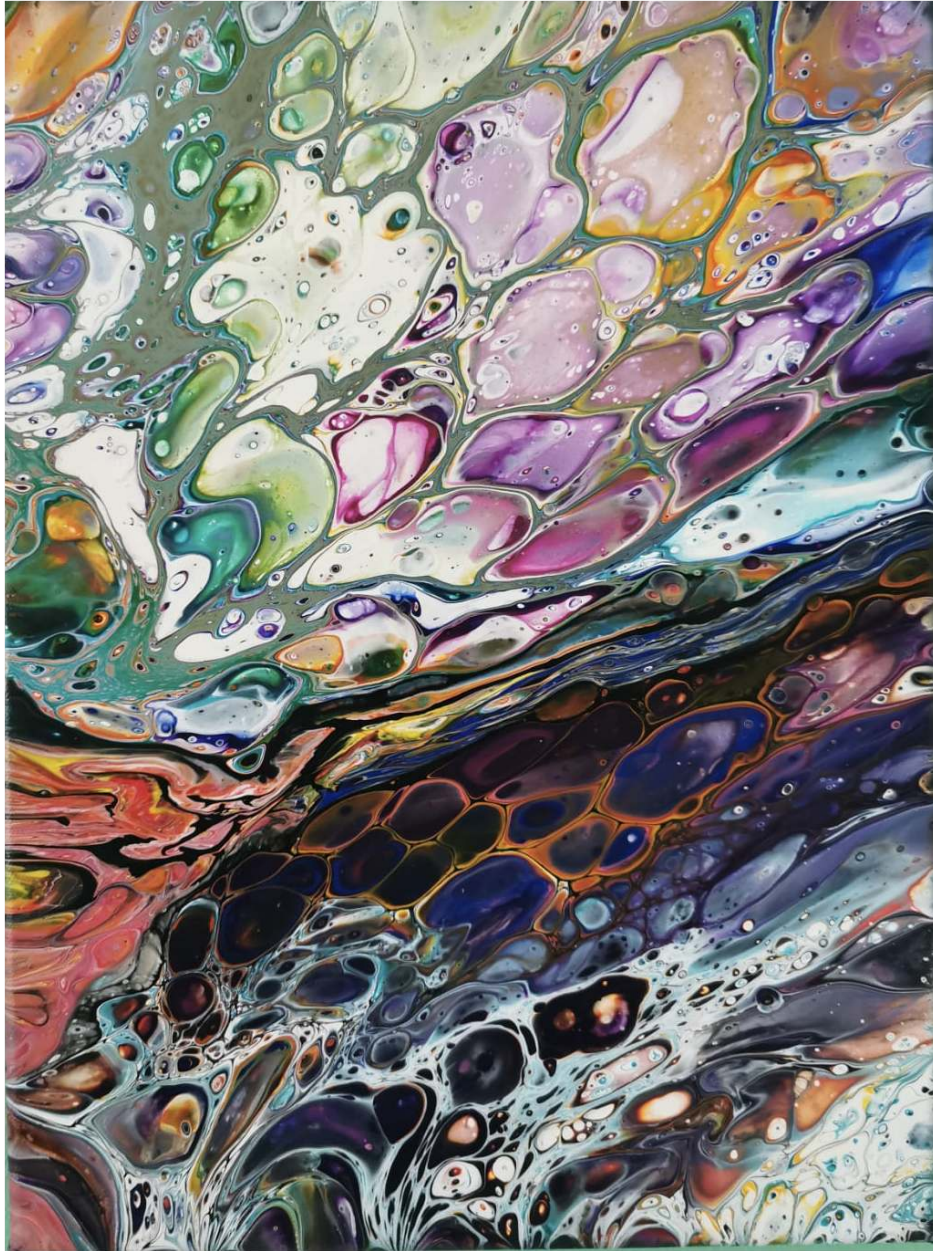
Evening Calm



“Evening Calm, Sleep’s charm”

Acrylic Paint on 12x16 inch Canvas

Awakening



“With every Awakening, Day is shaping”

Acrylic Paint on 12x16 inch Canvas

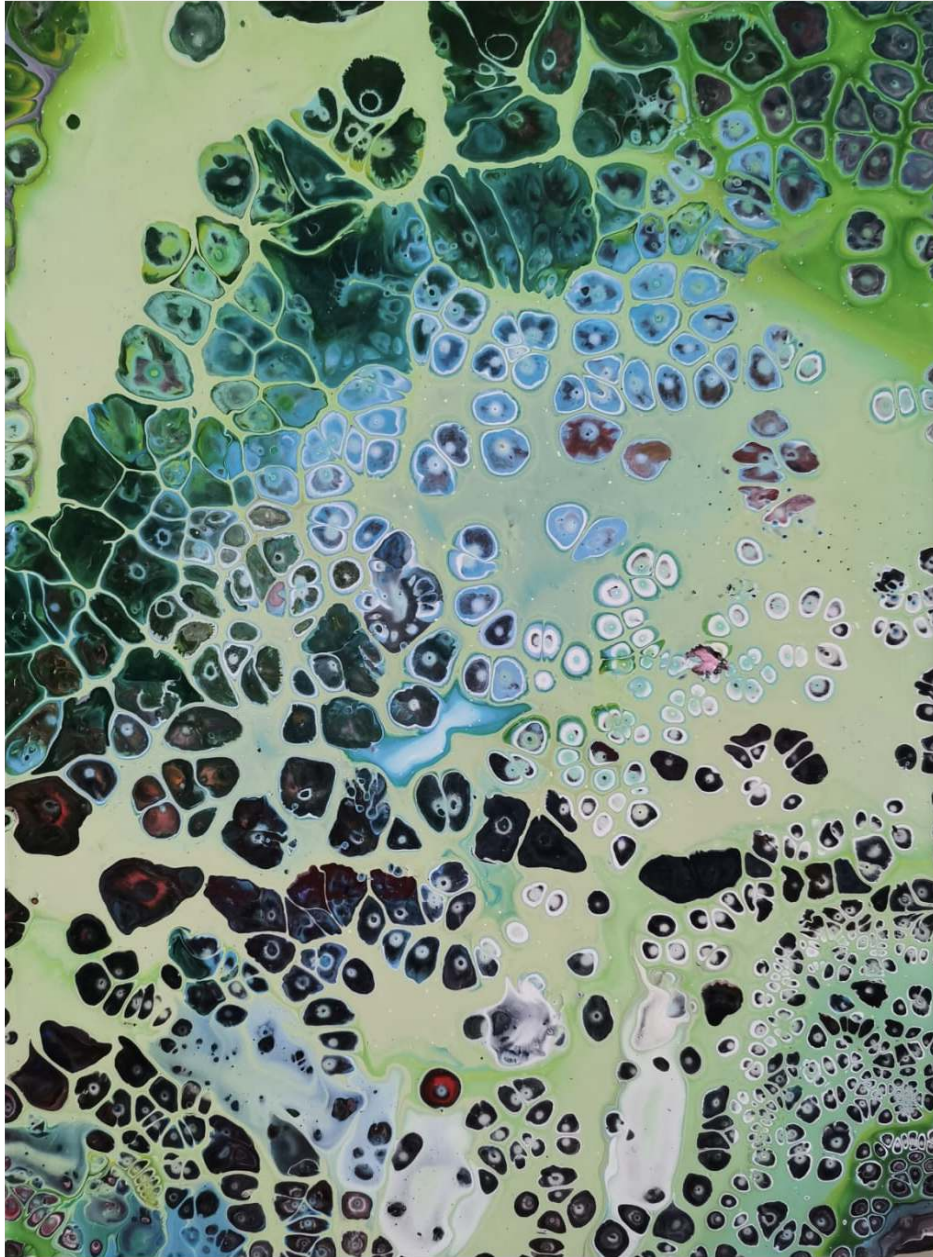
Noon's Charm



“My mind dips when Noon ticks”

Acrylic Paint on 16x24 inch Canvas

Day's Green



“Wake Up, Walk in the Green for day to be serene”

Acrylic Paint on 12x16 inch Canvas

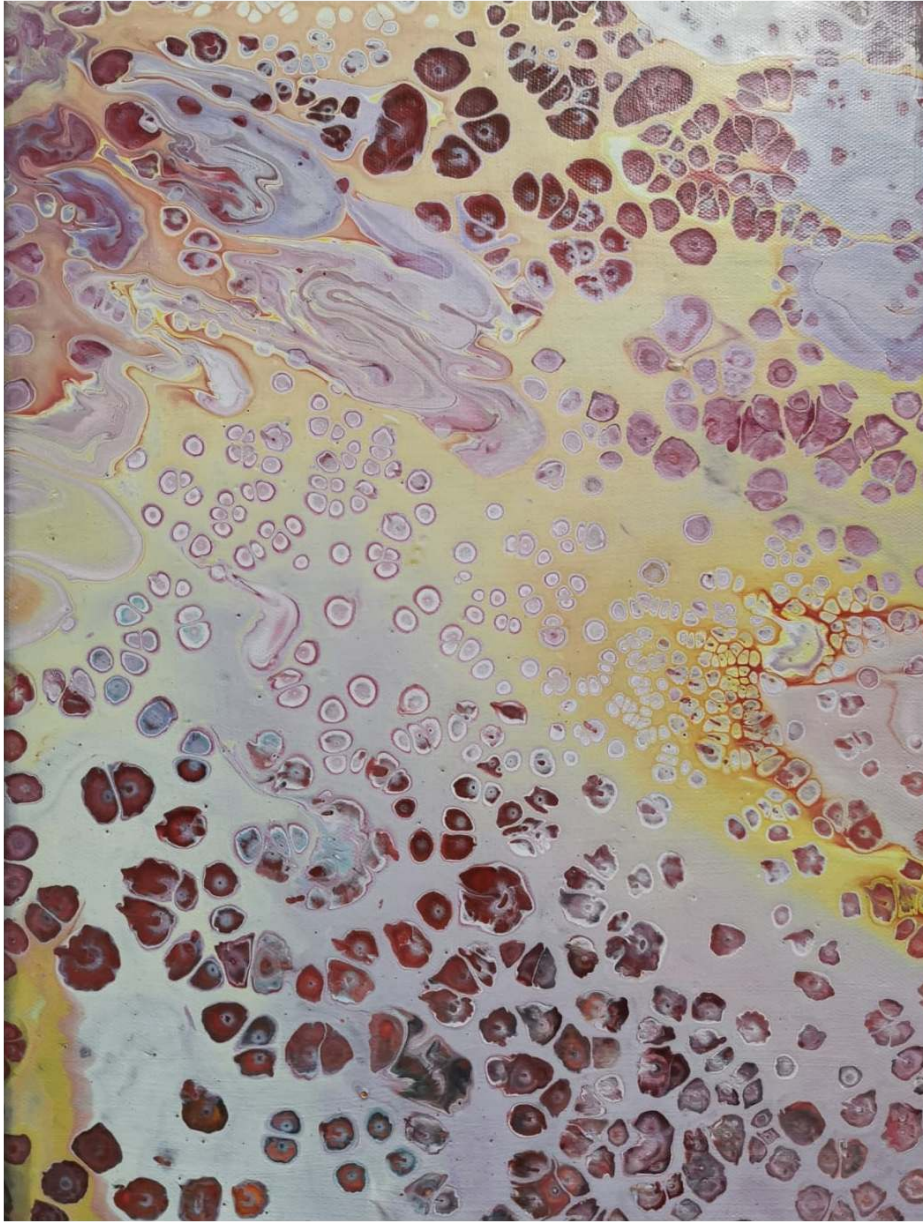
Morning Bloom



“With Morning Bloom, Waking up is a boon”

Acrylic Paint on 12x16 inch Canvas

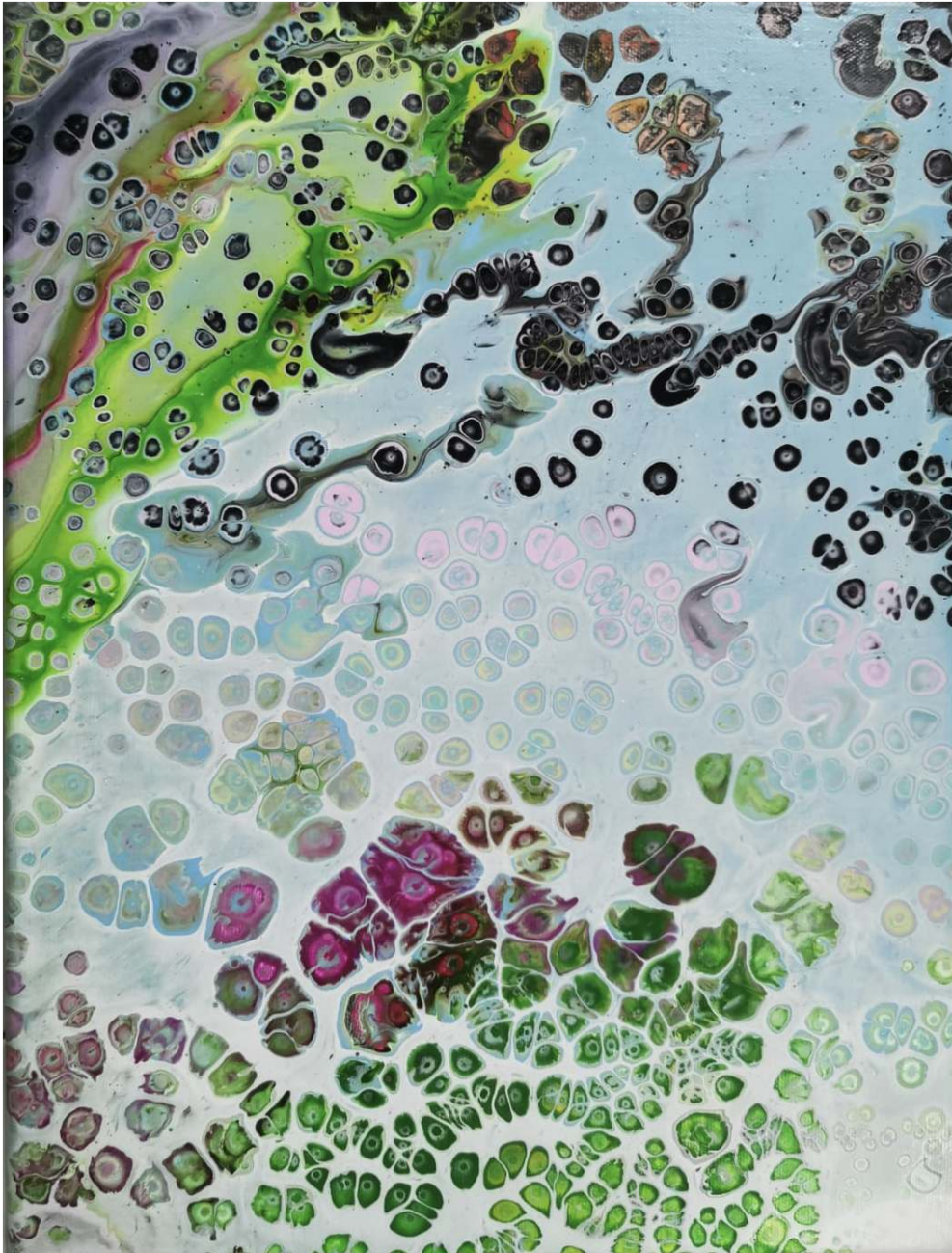
Twilight



“After Twilight time, Wakefulness declines”

Acrylic Paint on 12x16 inch Canvas

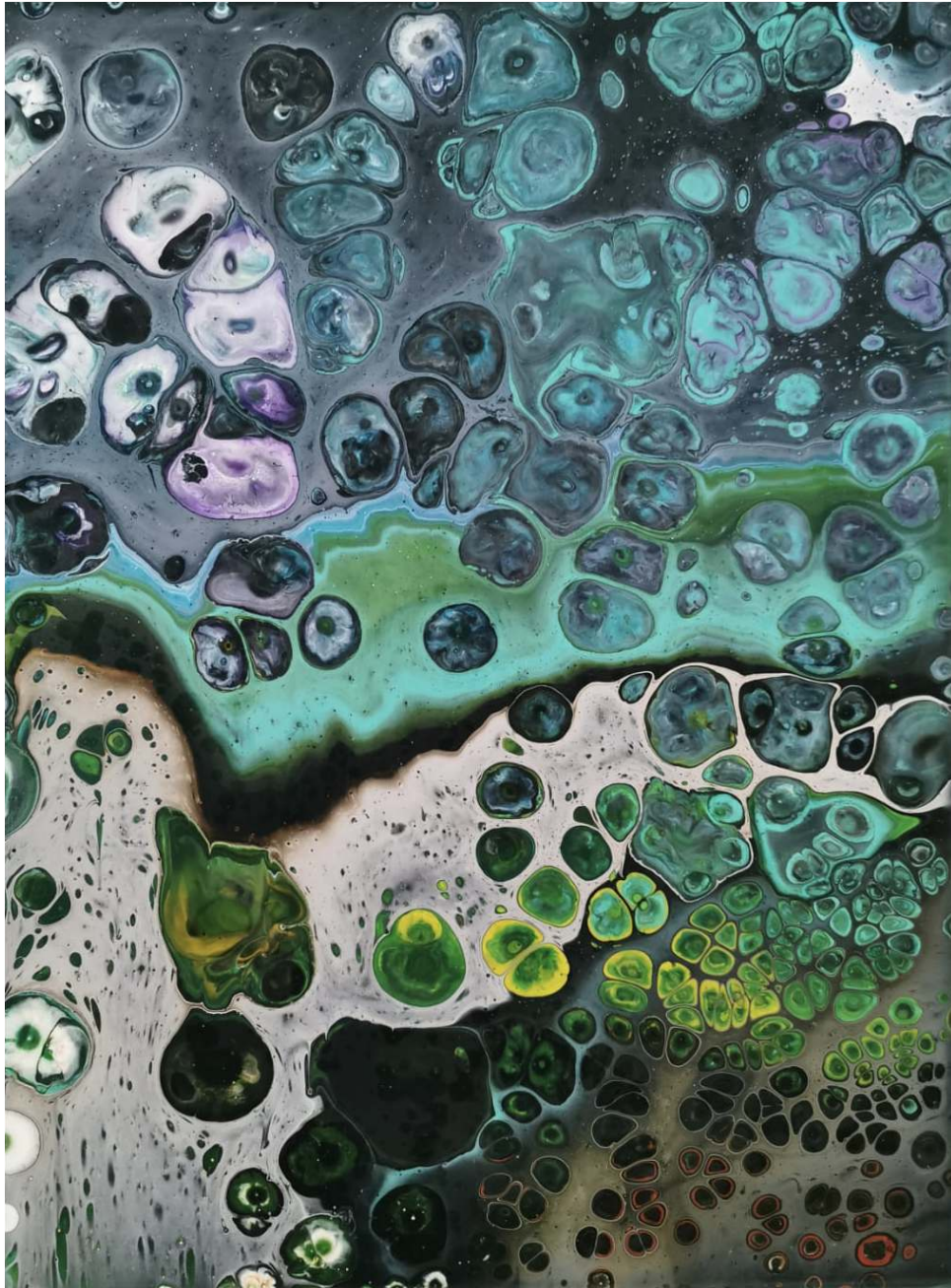
Midday Glory



“Midday Glory makes Wakeful Stories”

Acrylic Paint on 12x16 inch Canvas

Starry Night



“Under Starry Night, I Sleep tight”

Acrylic Paint on 12x16 inch Canvas

Academy of Sleep Wake Science



Making World Sleep Better

