



SLEEP AND WAKE ART 2
COLLECTION OF PAINTINGS ON SLEEP WAKE SCIENCE



Artist: Dr. Tripat Deep Singh

Table Of Contents

From the Artist	2
Sleep well and on time for a healthy heart	3
Awakening at Dawn	4
Lush Green Noon's	5
Dream Land	6
Mind Hues	7
Cool nights	8
Twilight Serenity	9
Colours of Sound	10
Blissful Dusk	11
Sleep Flames	12
Bubbly Dreams	13
Quiet Colours of Night	14
Dusky Coolness	15
Nightly Arousals	16
Sleep Awakening	17

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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Sleep well and on time for a healthy heart



Artist: Dr. Tripat Deep Singh

Acrylic Paint on Canvas

Awakening at Dawn



“With dawn, I am full of charm”

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12x16 inch

Lush Green Noon's



"Noon's light my rhythms abide"

Artist: Dr. Tripat Deep Singh Acrylic Paint on
Canvas 12x16 inch

Dream Land



"Sleep is the way to dreamland"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 18x24 inch

Mind Hues



"Calm your mind to sleep well and on time"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12x16 inch

Cool nights



"Cool nights help me sleep tight"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12x16 inch

Twilight Serenity



"Twilight serenity brings sleep to my mind"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12x16 inch

Colours of Sound



"Keep sound away for your mind to slumber away"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12x16 inch

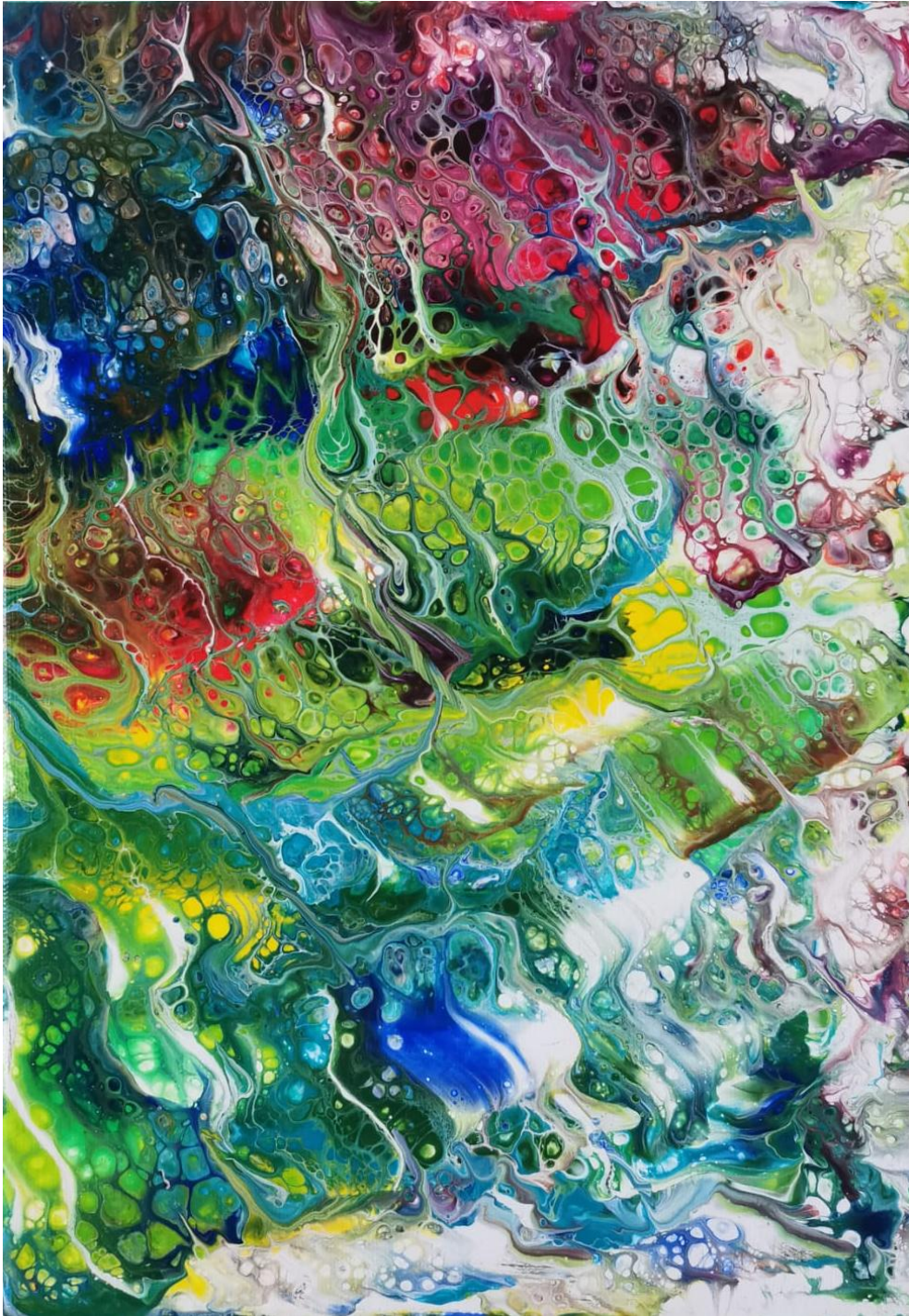
Blissful Dusk



"Comes the dusk, sleep starts it work"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12X16 inch

Sleep Flames



"Sleep flames burn the clutter clearing the mind"

Artist : Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12X16 inch

Bubbly Dreams



"Start of sleep is the formula for bubbly dreams"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12x16 inch

Quiet Colours of Night



"In the quietness of the night, my body gets ready for the next day fight"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12x16 inch

Dusky Coolness



"In Dusky cool, Sleeping is super cool"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 18x24inch

Nightly Arousals



"Arousals at night, make me sleepier during daytime"

Artist: Dr. Tripat Deep Singh
Acrylic Paint on Canvas 12x16 inch

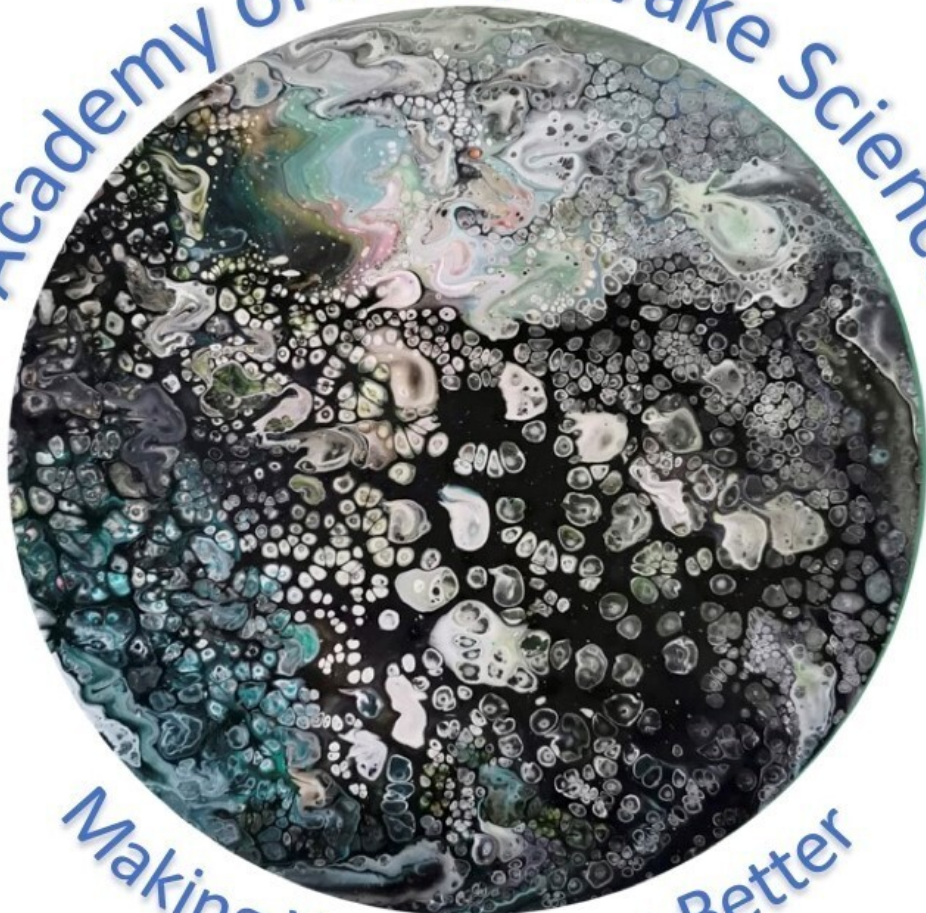
Sleep Awakening



"Awakening from sleep, disturbs my sleep"

Artist : Dr. Tripat Deep Singh
Acrylic Paint on Canvas 18x24inch

Academy of Sleep Wake Science



Making World Sleep Better