Cannot fall asleep

Yesterday I was awake almost all night long. Since I took a nap at noon, I wasn't tired at all. I laid in bed and closed my eyes, but couldn't fall asleep. I couldn't get comfortable either. I tossed and turned from side to side, over and over again. I even tried counting sheep, but it was too boring. Bouncing and leaping, appearing from nowhere, sheep everywhere! At last, I went out of my room and opened my parents' bedroom door. I told my dad I can't fall asleep, and he mumbled "keep trying". I took my blanket and my doll to the living room, and laid down on the sofa. I wasn't sure whether to turn on the television or not, but decided against it. I started thinking about what could be done in the dark, that won't make any noise. I couldn't paint, couldn't read, nor play with my siblings, who must have fallen asleep long ago. I finally tried a few deep breaths and it actually helped. I think I have fallen asleep really quickly. In the morning, I was woken up by the light and the sounds of voices in the living room. My mom asked whether everything was okay. "Yes, everything is fine", I said and went back to sleep.

218 words (131 uniques) and 290 syllables, in total.   1.33 syllables and 4.1 letters, per word on average.