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Fast Asleep, Wide Awake (Audiobook) by Dr Nerina Ramlakhan ...

"Fast asleep" is easier to make sense of than "wide awake." The original meaning of fast is "firmly fixed, immobile"—fastened with a fastener, held fast, color-fast, steadfast, a fast friend. As an adverb, fast meant doing something steadily, earnestly, tenaciously. We are firmly asleep far nights, fully awake far days.