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Thread: [Lightweight sleeper](#)

FederalReserveOSRS - September 26, 2017, 9:44 am

If you're a light sleeper, you know about the pain from someone snoring keeping you wide awake. How to you deal with it?

I might move in with a friend of mine with compromised space, I need some technique to sleep through noise.

Silent Uprising_TEMP - September 26, 2017, 11:29 am

Get ear plugs when you sleep. I am a light sleeper, I just shut my doors and tell my siblings to be quite...But I normally sleep late so they are all in bed before me.

DeadKube - September 26, 2017, 11:30 am

Take some phenibut 4 to 6 hours before going to bed and you'll sleep like a rock. You can buy it online. Nothing illegal about it.

alexbit - September 26, 2017, 11:57 am

Can't really do it if you don't want to hurt his feelings. Try explaining your problem to him. If still he doesn't stop, You either don't give a fuck about your sleep or him.

J?son - September 26, 2017, 12:02 pm

put a pillow over that niggas face

?Alexander - September 26, 2017, 12:05 pm

i use earplugs because otherwise i'd be waking up like 6 times a night. earplugs in and u sleep like a baby

Killy - September 26, 2017, 12:06 pm

I use headphones
and play "nature sounds" from youtube

Splice - September 26, 2017, 12:06 pm

Smoke a fat bowl before going to bed.

oRequiem - September 26, 2017, 12:15 pm

You could take some melatonin or Ny-Quil, that could help.

FederalReserveOSRS - September 27, 2017, 6:13 am

I don't want to be dependant on any kind of substance to sleep.

To all those recommending ear plugs, did you purchase any kind of special ear plugs? Most earplugs I've used couldn't block snoring out

bloomsauce - September 27, 2017, 1:22 pm

Wear ear coverings, and also wear the thing that covers your eyes at night. Or you could just tell your roommate that your a very light sleeper and to try and not to be as loud

?Alexander - September 28, 2017, 2:26 pm

[quote='Danish Donut' pid='55941953' dateline='1506518004'

To all those recommending ear plugs, did you purchase any kind of special ear plugs? Most earplugs I've used couldn't block snoring out
[/quote]

i just take some from the pharmacy, look at the SNR it's how much dB it blocks out.

Kareem - September 28, 2017, 2:40 pm

get ear plugs and eye covers

faggotron - September 28, 2017, 2:48 pm

I jerk off until I pass out