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Thread: [\[MENTAL\] Anyone have Insomnia? or Extreme Insomnia?](#)

OMERTA.666 - October 10, 2017, 1:23 pm

I've gone through phases in my life where i've had really bad insomnia and i usually have always stay up somewhat later than most people, but very recently (The last 2-3 days i have been extremely wired. Im not on any drugs at all ? or a shit ton of caffeine or weird shit, basically sober except some medical cannabis, but i have NOT been tired in days.. ive been up for 2 days straight and i haven't even felt tired which is really fucking strange. 50+ hours now of no sleep sober and i just kind of constantly feel like i just slept all night and feel refreshed. Crazy right? i know that's not healthy for your brain because sleep is basically like a cool down mode..But i feel almost hyper vigilant and focused without feeling any bit tired, yet anyway lol ? Been on my laptop just about the whole time grinding away at several small profit projects and just researching info till my brain explodes ??. Any tips for calming your mind? lol But anyways, who else got insomnia? and how bad? Ever not felt tired at all when you definitely should be?

unknown2me - October 10, 2017, 6:34 pm

Get away from artificial light and relax

test - October 10, 2017, 6:37 pm

Be active during the day to tire yourself out. If you have enough energy go to the gym or go for a run etc. Avoid eating soon before you try to go to sleep. Consider looking into things like Melatonin to help you sleep.

SandyL17 - October 10, 2017, 6:51 pm

Melatonin. You can buy it any pharmacy. Don't need a prescription or anything and it won't leave you feeling groggy the next day.

Goods - October 10, 2017, 10:41 pm

You could even take Benadryl thats what I take. Has me slumped without a stuffy nose.