

Forum:[Hack Forums](#)

Thread: [Struggling with insomnia](#)

Axe - October 7, 2018, 6:20 pm

Anyone have any tips on kicking insomnia? Really messing up my schedule. Been struggling with it for almost a month now

Mr Professor - October 8, 2018, 4:32 am

1. Sleep in a pitch-dark room.
2. Don't use electronics before 2 hours of sleep.
3. Read a book before sleeping.
4. Get tired. One of the biggest reasons for insomnia is not getting tired throughout the day. I'd stay start working out if you don't.

Axe - October 8, 2018, 8:02 am

(Oct 8, 2018 04:32 AM)Mr Professor Wrote: [\[CITE\]](#) 1. Sleep in a pitch-dark room.

2. Don't use electronics before 2 hours of sleep.
3. Read a book before sleeping.
4. Get tired. One of the biggest reasons for insomnia is not getting tired throughout the day. I'd stay start working out if you don't.

Thanks for the tips, I already work out but maybe I'll try a little more high-intensity

Rajj - October 8, 2018, 9:36 am

In addition to the tips that Professor listed, I'd say try to keep your mind active during the day too. I often struggle with the same issues but I find that keeping myself engaged for most of the day instead of zoning out in front of the TV tends to help me sleep better at night. If kratom is legal in your state, you can look into ordering some of that - I'd look into red bali or borneo strains to help you fall asleep, just be careful with that stuff and try not to do it every day.

Some people use melatonin or other OTC supplements and have great results to it's worth looking into those if you haven't already, though they never worked for me. If it's really bad, talk to your doctor and see about getting real medication prescribed.

Antisocial - October 8, 2018, 9:54 am

You should put a lavender scented candle or get the lavender flower and place it beside your bed, the scent of lavender helps you sleep, and if that doesn't work smoke a fat joint or hit a couple of bowls lol

Axe - October 8, 2018, 4:55 pm

Thanks for the tips guys, will try it out (except for meds/drugs (for now))

CreatedAutomated - October 11, 2018, 4:37 pm

I've tried melatonin products in the past with no success. A clean diet, exercise, and avoiding technology at night is the best way of dealing with it Bro. However, it's important you are harsh with yourself and you develop a strict routine.

Axe - October 12, 2018, 8:14 am

(Oct 11, 2018 04:37 PM)CreatedAutomated Wrote: [\[CITE\]](#) I've tried melatonin products in the past with no success. A clean diet, exercise, and avoiding technology at night is the best way of dealing

with it Bro. However, it's important you are harsh with yourself and you develop a strict routine. Would you say avoiding technology 1hr before bedtime is good enough, or should I up it a bit?

MAST3RM1ND19 - October 13, 2018, 2:54 am

Do you drink energy drinks and how often if you do?

Try drinking warm milk before bed a glass or 2

It has a chemical (forgot what its called) that helps you fall asleep

Tartarus. - October 16, 2018, 1:13 pm

Overtraining? Search up the symptoms.

Almonds - October 16, 2018, 4:40 pm

Perhaps your doctor could help you out.

It doesn't hurt, but if course you'd want to have insurance.

Axe - October 16, 2018, 11:14 pm

(Oct 16, 2018 04:40 PM)Almonds Wrote: [\[CITE\]](#) Perhaps your doctor could help you out.

It doesn't hurt, but if course you'd want to have insurance.

I've started taking L-Theanine and im slowly working my sleep schedule back to where I want it.

Don't know if the L theanine actually helps but oh well

Anubis God - October 17, 2018, 12:32 pm

10 tips to beat insomnia

Simple lifestyle changes can make a world of difference to your quality of sleep.

Follow these 10 tips for a more restful night.

1. Keep regular sleep hours

-Going to bed and getting up at roughly the same time every day will programme your body to sleep better. Choose a time when you're likely to feel tired and sleepy.

2. Create a restful sleeping environment

-Your bedroom should be a peaceful place for rest and sleep. Temperature, lighting and noise should be controlled so that your bedroom environment helps you to fall (and stay) asleep.

If you have a pet that sleeps in the room with you, consider moving it somewhere else if it often disturbs you in the night.

3. Make sure your bed is comfortable

-It's difficult to get restful sleep on a mattress that's too soft or too hard, or a bed that's too small or old.

4. Exercise regularly

-Moderate exercise on a regular basis, such as swimming or walking, can help relieve some of the tension built up over the day. Make sure that you don't do vigorous exercise, such as running or the gym, too close to bedtime, though, as it may keep you awake.

See how to get fit your way.

5. Cut down on caffeine

-Cut down on caffeine in tea, coffee, energy drinks or colas, especially in the evening. Caffeine

interferes with the process of falling asleep, and also prevents deep sleep. Instead, have a warm, milky drink or herbal tea.

6. Don't over-indulge

-Too much food or alcohol, especially late at night, can interrupt your sleep patterns. Alcohol may help you to fall asleep initially, but it will disrupt your sleep later on in the night.

7. Don't smoke

-Nicotine is a stimulant. Smokers take longer to fall asleep, they wake up more frequently, and they often have more disrupted sleep.

8. Try to relax before going to bed

-Have a warm bath, listen to quiet music or do some gentle yoga to relax the mind and body. Your doctor may be able to recommend a helpful relaxation CD.

9. Write away your worries

-If you tend to lie in bed thinking about everything you have to do tomorrow, set aside time before bedtime to make plans for the next day. The aim is to avoid doing these things when you're in bed, trying to sleep.

10. If you can't sleep, get up

-If you can't sleep, don't lie there worrying about it. Get up and do something you find relaxing until you feel sleepy again, then go back to bed.

If lack of sleep is persistent and affecting your daily life, make an appointment to see your GP.

RedCupcake - October 18, 2018, 12:36 am

My sleep schedule is all over the place because I work all shifts.

1st, 2nd, and 3rd

I have trouble sleeping without my boyfriend some nights. Plus I am a light sleeper but I sleep with a fan on.

My suggestion to you is ASMR twitch or youtube find what you like but its my new sleep crutch, I wish you luck and do also recommend talking to your doctor. If your not a pill person try sleeping herbs, teas. Chamomile and lavender are big sleeping aids. I hope this helps good luck op.

Axe - October 18, 2018, 1:48 am

(Oct 17, 2018 12:32 PM)M4DKILL3R Wrote: [\[CITE\]](#) 10 tips to beat insomnia

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Thanks for the tips, though it looks like its pulled straight from a buzzfeed article ?

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Its getting better now, though I might try sleeping pills if it gets worse.

But I don't think ASMR will help me, that stuff's not my cup of tea, but thanks for the advice