

Forum:[Hack Forums](#)

Thread: [i fall asleep when reading books](#)

deltaone - October 16, 2018, 1:40 pm

when i read a book my eyes simply uncontrollably start closing (i can obviously no longer see) to a full halt, sleep.

i become extremely sleepy. so i lay off the laptop where im reading the pdf book and try to fall asleep so i can have some rest and then continue reading.

i was never so alive and awake while trying to fall asleep before.

this happens every time for me. when im doing anything else except reading books, im energized and cannot sleep

when i read books i get hit by a huge urge to sleep.

why is this, what do i do about it?

hi5ka - October 17, 2018, 10:05 am

try to drink coffee, let see what happen

ethelooking - September 22, 2020, 6:49 am

Try this tips:

Sit in a chair, not on bed.

10 Interesting things a student should do when bored.

Avoid heavy meals.

randomvodkalover - September 22, 2020, 6:59 am

(Oct 16, 2018 01:40 PM)deltaone Wrote: [\[CITE\]](#) when i read a book my eyes simply uncontrollably start closing (i can obviously no longer see) to a full halt, sleep.

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Visit a psychiatrist

Bob the Builder - October 1, 2020, 8:50 am

If you fall asleep when reading books try to drink coffee and run high bass music in low sound it will keep you awake and try to read on plain wooden chair or hard chair instead of bed or sofa

alae - October 2, 2020, 5:52 am

You need to train yourself to concentrate
and pay more attention , try to understand and pose questions !

Malthemar - October 2, 2020, 6:00 am

Eat a good breakfast and read in the mornings.

mike.vronsky - October 2, 2020, 10:34 am

Typically when we're reading, we do it in a comfortable position – sitting or lying down – in a quiet place, and often at the end of the day or after more energetic activities, all of which contributes to a state of relaxation and sleepiness.

Alternatively, if you find what you're reading boring, the effort to keep going can be tiring, in which case you'll likely begin to daydream, which can also bring sleep closer

mindshift5 - October 2, 2020, 10:40 am

When do you read?

At night,during the day or in between?

When is your off peak and on peak period?

Find that and it solves most of the problem

Are you a text or video person in terms of assimilation?

AmineB - October 6, 2020, 9:44 am

I think you don't have book reading habit that's why this is happening.

First of all develop book reading habit.