

Forum:[Hack Forums](#)

Thread: [What do you do in the middle of the night when you cannot sleep?](#)

Condoms - August 21, 2019, 10:38 pm

Well, what do you do?

I tend to stay up for a bit, as I have a hard time sleeping at night..

But never know quite what to do.. Any suggestions? Or what do you do?
And no.. I don't want to know that you fap.. I want better answers than that..

Percyi - August 21, 2019, 10:40 pm

Choke the old chicken as they say.

Lyrlei - August 21, 2019, 10:42 pm

I just close my eyes and try to sleep again. Being as comfortable as possible also helps.

pms - August 21, 2019, 10:51 pm

Trying to focus on not trying to focus on sleeping because if i focus on trying to sleep ill just focus on not thinking wich makes me think of something that will make me not sleep. Np.

emotionull - August 21, 2019, 10:57 pm

The first step would be to step away from electronics.

Porn - August 21, 2019, 11:15 pm

If I have work in the morning I take sleeping pills, otherwise I will lay there for 2-3 hours before finally falling asleep.

qtpie - August 21, 2019, 11:17 pm

Normally, would try to stay away from my phone. Sometimes I would watch random boring youtube videos on my phone to help bore me to sleep.

Adolf Hipster - August 21, 2019, 11:56 pm

Pretty much browse YouTube and snack.

Linux X - August 22, 2019, 12:00 am

Watching videos on youtube or playing mobile games.

Adolf Hipster - August 22, 2019, 12:05 am

(Aug 22, 2019 12:00 AM)Graphic Pleasure Wrote: [\[CITE\]](#) Watching videos on youtube or playing mobile games.

Android OR IOS games?

opsplayer - August 22, 2019, 2:01 am

(Aug 21, 2019 11:15 PM)Porn Wrote: [\[CITE\]](#) If I have work in the morning I take sleeping pills, otherwise I will lay there for 2-3 hours before finally falling asleep.

Who's that in your signature. Asking for a college student.

Totes - August 22, 2019, 2:05 am

(Aug 21, 2019 10:38 PM)Condoms Wrote: [\[CITE\]](#) Well, what do you do?

I tend to stay up for a bit, as I have a hard time sleeping at night..

But never know quite what to do.. Any suggestions? Or what do you do?
And no.. I don't want to know that you fap.. I want better answers than that..
I watch old movies until I fall asleep

bbarr - August 22, 2019, 2:17 am

Take a night walk and see if it would help.

duplex - August 22, 2019, 2:35 am

I typically go downstairs to drink some milk, then check my phone for 20 minutes then reset

Condoms - August 22, 2019, 6:55 am

(Aug 22, 2019 02:35 AM)duplex Wrote: [\[CITE\]](#) I typically go downstairs to drink some milk, then check my phone for 20 minutes then reset
I wish it was that easy for me. Would never work. :P

HF.Psych - August 22, 2019, 7:19 am

I'm on a strict regime of medication which ensures I sleep. But on the odd chance I don't take them I mainly just listen to Spotify or watch some movies.

OBAMASELF - August 22, 2019, 7:46 am

A quickiee is a essential aid for sleep brother. GL with yo sleep.

My Computer - August 22, 2019, 8:26 am

I just think about all the problems going on in my life right now while staring at the ceiling.

Oxycodone - August 22, 2019, 8:46 am

If I'm not sleeping in the middle of the night I'm doing cocaine. Not even kidding

Regulus - August 22, 2019, 10:30 am

I usually take a walk outside and smoke some weed to clear my mind.

Handsome Hawk - August 22, 2019, 11:04 am

normally when I can't sleep, which happen like every second day, I give up with trying to fall asleep. Turn on something like archer, American dad, etc... on one pc so I have something to listen, and start with work, or ill learn something new or when I'm super bored and super lazy I play wow.

Claw - August 22, 2019, 11:06 am

I listen to hypnosis or astral instrumentals, its very helpful, try it.

Fruitcake - August 22, 2019, 11:09 am

Usually it depends on how NOT tired I am... if im hella woke ill go for a run or workout

If im kinda iffy about to sleep ill watch some YT or play on my switch

debian - August 22, 2019, 6:38 pm

Listen to an audio book until I fall asleep and the ear buds fall out of my ears

Deany - August 22, 2019, 6:40 pm

I can't sleep no matter what time it is

I need 500 sleeping pills

ririki - August 22, 2019, 6:45 pm

I just stay up.

///thread

(Aug 22, 2019 06:38 PM)debian Wrote: [\[CITE\]](#) Listen to an audio book until I fall asleep and the ear buds fall out of my ears
Are they wireless or no?

Yin Yang - August 22, 2019, 6:46 pm

Watch some tv shows and get high

sumguy14 - August 22, 2019, 7:09 pm

Usually I have to study late so when I get to sleep early I always have a hard time going, but nothing a couple of drinks won't cure

worth a shot in my book lol

Rigel - August 22, 2019, 7:27 pm

I browse through Reddit until my eyes hurt lmao.

Mix - August 22, 2019, 7:29 pm

watch youtube and try to shut my eyes unless its a funny vid

debian - August 22, 2019, 9:25 pm

(Aug 22, 2019 06:45 PM)ririki Wrote: [\[CITE\]](#) I just stay up.

///thread

Are they wireless or no?

No, just regular ear buds. I usually fall asleep with them in my ears and then I roll over a lot in my sleep which makes them fall out

Lindros - August 22, 2019, 9:50 pm

(Aug 21, 2019 10:40 PM)?Kam Wrote: [\[CITE\]](#) Choke the old chicken as they say.

This....

Nah but formal probably binge watch youtube videos, mainly on conspiracies.

Syloxus - August 22, 2019, 9:56 pm

Usually I just binge watch TV shows, I'm always finding new ones and end up enjoying them.

But to relax, I do like ASMR, I know that's definitely not everybody's cup of tea lmao, but it helps with my anxiety and is relaxing personally

DNA - August 22, 2019, 9:56 pm

(Aug 21, 2019 10:38 PM)Condoms Wrote: [\[CITE\]](#) Well, what do you do?

I tend to stay up for a bit, as I have a hard time sleeping at night..

But never know quite what to do.. Any suggestions? Or what do you do?

And no.. I don't want to know that you fap.. I want better answers than that..

I tend to just go back to work, the screens eventually tire me out

Strayaa - August 22, 2019, 11:28 pm

idk but here's a tip for you

Stop drinking sugar and caffeine after 2pm and you'll be able to sleep easy af

ChoodleBear - August 22, 2019, 11:30 pm

I usually masturbate it helps me fall asleep

duplex - August 23, 2019, 12:23 pm

(Aug 22, 2019 08:46 AM)Oxycodone Wrote: [\[CITE\]](#) If I'm not sleeping in the middle of the night I'm doing cocaine. Not even kidding

Then you crash out at 5pm and fuck your sleeping cycle

Oxycodone - August 23, 2019, 12:57 pm

(Aug 23, 2019 12:23 PM)duplex Wrote: [\[CITE\]](#) Then you crash out at 5pm and fugg your sleeping cycle

Correction. I sleep aproximately at 5pm 3 days later after seeing shadow people.

A 2 day a week sleeping cycle isnt to fugged

Thomas Anderson - August 23, 2019, 1:33 pm

I am playing OSRS on phone or watching videos. Sleep will come sooner or later. But it will come.

Grim - August 23, 2019, 2:27 pm

Normally go on my phone or watch some boring documentary on netflix to try to go back to sleep

duplex - August 23, 2019, 3:05 pm

(Aug 22, 2019 09:25 PM)debian Wrote: [\[CITE\]](#) No, just regular ear buds. I usually fall asleep with them in my ears and then I roll over a lot in my sleep which makes them fall out

Man, I'm super picky about not wearing anything in bed, I can't have earbuds, tried them before and they are awful

debian - August 23, 2019, 6:07 pm

(Aug 22, 2019 11:28 PM)Strayaa Wrote: [\[CITE\]](#) idk but here's a tip for you

Stop drinking sugar and caffeine after 2pm and you'll be able to sleep easy af

Can vouch for this.

You don't realize but caffeine has a much longer half life than you'd think

(Aug 23, 2019 03:05 PM)duplex Wrote: [\[CITE\]](#) Man, I'm super picky about not wearing anything in bed, I can't have earbuds, tried them before and they are awful

It's true, it really sucks sometimes trying to lay on your side with the ear bud sticking up into your ear.

Don't really know of an alternative other than speakers which I don't have

Rigel - August 24, 2019, 7:39 am

(Aug 22, 2019 11:28 PM)Strayaa Wrote: [\[CITE\]](#) idk but here's a tip for you

Stop drinking sugar and caffeine after 2pm and you'll be able to sleep easy af

Damn , that would explain why I have trouble sleeping. It's the damn sugar!

Princeton - August 24, 2019, 3:48 pm

i read something from r/WritingPrompts

tripleseven - August 24, 2019, 8:37 pm

Either researching interesting topics if i succeeded at the projects of that day, if not im still fucking around with code or other stuff on the pc trying to get that shit to work, knowing i wont find rest untill i made it.

Omniscient - August 25, 2019, 5:59 am

I wake up and read boring HF threads then post nonsense about how I read boring HF threads.

MavenGradle - August 25, 2019, 6:27 am

If I can't sleep, I get to work. This happens frequently. Usually ends up with me staying up for about 28 hours or so before finally being able to sleep.

Sleep - August 25, 2019, 6:44 am

I end up closing down everything useful and watch thrash on youtube for hours. If I actually just spend those hours on something useful.....

One - August 25, 2019, 6:47 am

hit the blunt and say my affirmations

Rigel - August 25, 2019, 7:06 am

(Aug 25, 2019 06:47 AM)Tygaking Wrote: [\[CITE\]](#) hit the blunt and say my affirmations
What kind of affirmations? Like positive ones?

One - August 25, 2019, 7:28 am

(Aug 25, 2019 07:06 AM)Rigel Wrote: [\[CITE\]](#) What kind of affirmations? Like positive ones?
yes positives affirmations brother

Goku_6695 - August 25, 2019, 8:28 pm

I just think about things, or use my phone, or just stare. Eventually i fall asleep

Rigel - August 26, 2019, 2:14 am

(Aug 25, 2019 07:28 AM)Tygaking Wrote: [\[CITE\]](#) yes positives affirmations brother
Mind sending me what you have? I want to love myself.

Strayaa - August 26, 2019, 3:14 am

(Aug 24, 2019 07:39 AM)Rigel Wrote: [\[CITE\]](#) Damn , that would explain why I have trouble sleeping.
It's the damn sugar!

Yeah man, I didn't realise how much it was affecting my sleep until I started cutting it off

Froggy - August 26, 2019, 3:51 am

Play mobile games until I fall asleep. Currently playing Cat Game.

Lorem Ipsum - August 26, 2019, 4:29 am

Negative thoughts keep me up in the night.

To help myself to fall asleep, I either smoke some marihuana or I lay down in bed, with no light at all in my bedroom.

Then, I say some prayers, and try to feel blessed or show gratitude in my mind for the positive things that happened to me that day.

As some of you know, marihuana can help you sleep, but I do like the feeling of having gratitude and being happy that I lived for another day without demanding a new tomorrow while being high. The appreciation of life, the love I have and receive, is a beautiful thing without being able to claim it

for a day that has not come yet. We can never be sure of a new tomorrow, so try to be happy for the days you already spent.

For those who like to talk about positive things in life or if you need help being more positive, you may contact me.

Love and happiness is free, and will always be free if it depends on me. I will happily share those thoughts.

Zan - September 2, 2019, 10:27 am

Usually I listen to music or watch some movie or serie from Netflix.

IncLom - September 2, 2019, 10:30 am

Watched some series and surfing

AnonFawkes - September 2, 2019, 11:07 am

I'm writing a book inspired by and about experiences with God talking to me, the devil, angels, and what they all cooked curry for me.

Dead Presidents - September 2, 2019, 3:15 pm

Smoke a bowl and make up a scenario or story in my head to fall asleep quick.

-Bravo- - September 2, 2019, 3:24 pm

Either code, watch videos/a movie, or play video games.

One - September 2, 2019, 3:26 pm

Smoke some good weed then i Virtualize about the wonderful future am creating with my Heavenly Father

funtela - September 2, 2019, 3:51 pm

(Aug 21, 2019 10:38 PM)Condoms Wrote: [\[CITE\]](#) Well, what do you do?

I tend to stay up for a bit, as I have a hard time sleeping at night..

But never know quite what to do.. Any suggestions? Or what do you do?

And no.. I don't want to know that you fap.. I want better answers than that..

I usually just take a hit of my bong.

Crimin4L - September 2, 2019, 7:39 pm

Browse Hackforums and never go to sleep :) Must...post....moree!! ?

Mank - September 2, 2019, 8:02 pm

I'll do as many bong rips as it takes till I fall asleep

Proxies - September 2, 2019, 11:29 pm

I watch YouTube videos, or I go on a drive. Nothing really else to do.

Elweth - September 2, 2019, 11:30 pm

(Aug 21, 2019 11:15 PM)Porn Wrote: [\[CITE\]](#) If I have work in the morning I take sleeping pills, otherwise I will lay there for 2-3 hours before finally falling asleep.

What pills are you taking?

Proxies - September 2, 2019, 11:30 pm

(Sep 2, 2019 11:30 PM)Giselle Wrote: [\[CITE\]](#) What pills are you taking?

Xanax is the best.

Lindros - September 2, 2019, 11:31 pm

A lot of times I end up watching YouTube videos, maybe a Netflix series or something. You might as well watch something. I know that the light technically will keep you awake longer but I feel like if I can't sleep, I can't sleep.

Dead Presidents - September 3, 2019, 12:09 am

(Sep 2, 2019 11:30 PM)Proxies Wrote: [\[CITE\]](#) Xanax is the best.

Benzos always give me a weird hang over. They can be great if you really need to sleep though.

Select - September 3, 2019, 12:19 am

Browsing hackforums has been working for me currently..

pein - September 3, 2019, 12:45 am

if you want to sleep you can make some rituals

first of all, if you arent limited to one room, then make sure that your bedroom is a no electronics zone, no sitting on the bed, no eating, no phone
the only thing you do is sleep (and bang, but possibly don't, it's too mainstream anyway)
this helps to associate sleep with the bedroom

if you rent a room, then you can make a separator, even if just a rug or towel

i found a cheap aromatizer, there are loads of them on amazon and generally you can find one on a flash deal

basically evaporates a small amount of water, maybe some essential oil
it helps you sleep better, especially but not only when you are sick
you can try out different stuff, sweet mandarin ,lavender, lemon, etc. there are different multi packs with smaller amounts to try out, like 9 pounds 12 tiny bottles, also gives off some white noise which is calmign if you get used to it. i was over analyzing stuff and my pattern recognition always found something in any sound, and my brain went on an on, so any type of sound was annoying except white noise, cause there is no pattern in it
i don't think meditational songs got a huge effect (maybe when you really sensitive like spring time), but some are quite calming
there are also some lucid dream induction videos, which worked for me, cheaper than LSD :D
there is a pattern in it, you might not believe in those chaakra charts, but just give it a go

some hot tea, or milk, whatever you prefer, even just still water with a bit of lemon, whatever you don't drink normally.

any ritual can work, if you do it for like 3 weeks you get used to it. keep it simple.

there was some urban legend, that your brain is more active at the same hour you were born
this is quite true for me, i got insomnia, my brain is very hyperactive, and im more alive at night time
better focus, high energy levels
normally people don't really understand this, they think it's unnatural or unhealthy
but im a very bad morning person
i haaaaate waking up early to go to work, i hated it when going to school
i cannot keep a good schedule to go sleep early, and if i force myself to do it, i end up rolling around the bed
i need a lot of entertainment every day, i hate every day when i didn't learn anything, didn't watch or play anything, it feels like a day wasted

so i really liked later start jobs, afternoo or night shift, which comes with the extra pay usually and once you set your mind to it, it really isn't much different sleeping daytime and working at night i don't sleep a lot, and im boosting myself with vitamins to make up for it, also spent a bit on weirdo things like blinders, memory foam pillow and bed sheets, but really, you spend 25-33% of your life sleeping, it is important

you can do some simple physical workout, take a shower and then go to sleep
write a list of all the things you need to remember, it helps when you go to sleep, or wake up, and you will be less stressed overall

Joel - September 3, 2019, 6:09 am

Spoon my teddy or jerk off.

Trick-s - September 3, 2019, 6:17 am

Funny thing is, I've recently suffered from sleep deprivation.

These are the steps I took in order to help myself.

- 1) avoid electronics two hours before sleep
- 2) if you feel yourself struggling, use a little reverse psychology trick.

Tell yourself and focus on "I'm going to stay awake, I'm not going to fall asleep", repeat it until it works

The clutter in your mind will dissipate and you'll eventually dose off

SpectrumL - September 3, 2019, 6:45 am

Beat the monkey and say Heil Mary!

Astrogen - September 3, 2019, 6:56 am

I close my eyes and wait until I'm asleep. Not being able to sleep at night even after trying a lot seems like a mental battle for me (I think). If you lose, you can't sleep, if you win, you sleep. This is just my perspective though.

Blogger - September 3, 2019, 1:06 pm

I grab my phone and play games and/or watch Youtube videos.

Moxxi - September 3, 2019, 1:08 pm

Get back on the PC and either try to do some work or just play games.

I already know the "light" from screens is supposed to keep you awake or whatever but honestly if I cant sleep anyway I try to at least do something useful instead of just sitting in bed awake for hours wasting time

IncLom - September 3, 2019, 1:10 pm

I jerk off sometimes that's my secret to sleep

Slim - September 3, 2019, 2:47 pm

I couldn't sleep for a very long time (woke up in the middle of the night or at 6am and couldn't get back to sleep). Turns out I had anxiety, and now that I'm medicated I sleep like a normal person. I can roll back over and go to sleep in the mornings, take naps, and go to bed whenever I want (which is insane to me; I hadn't been able to take naps for years before).

zqABD4d - October 24, 2019, 3:04 am

Doing exercise or reading a book

Vigisterling - October 24, 2019, 3:14 am

Lie in bed thinking of all the things I've ever done wrong.

More productively maybe, it's better to get up and walk around for a bit, go into another room and read or something, rather than lying in bed hoping to get back to sleep. That generally just creates anxiety and makes things worse. So get up and do something else for half an hour or so (stay away from the computer/your phone though), then go back to bed and try again.

Zexi - October 24, 2019, 3:24 am

I just don't try that hard to fall asleep ever, put on a tv show/movie on my tv and watch it until i get sleepy.

Presocratic - October 24, 2019, 5:42 am

Breath in, breath out. Start making conscious of every part of your body from head to toe, and keep breathing in and out. Guaranteed you will fall asleep in less than 10 minutes.

Apocryphon - November 19, 2019, 3:20 am

Watch some TV shows until my eyes start closing themselves. Then I just lay and try to fall asleep. If I cannot fall asleep yet then I look for some weird stuff on my phone and that's pretty much it.

Ravioli - November 19, 2019, 3:23 am

go on my phone and play games tbh

InternetMoney - November 19, 2019, 6:59 am

Depends, sometimes I choose not to sleep and browse something on the internet or read a book. Sometimes I just stop thinking about anything, just imagine a black hole in my brain and I fall asleep.

spradebassen - November 19, 2019, 7:05 am

i go for a wank like everybody else

Joel - November 19, 2019, 7:37 am

Jack off. Trust me shit works every time.

Stork - November 19, 2019, 8:33 am

Smoke weed and then try and sleep again.

30y old boomer - November 19, 2019, 8:51 am

(Aug 21, 2019 10:40 PM)?Kam Wrote: [\[CITE\]](#) Choke the old chicken as they say.
it's November you fucking heathen

TYourusername - November 19, 2019, 9:19 am

I just stay up, suggestion comes by itself.
I always find something, sometimes it's not even productive at all though.

Smexy - November 19, 2019, 9:21 am

I always do a fair set of breathing techniques, if that doesn't work I'm not ready for sleep.
So I proceed to go out of bed and do some more work/time wasting things.

uluda88 - November 19, 2019, 10:12 am

I go turn on the computer and pretend it's day ?

RomanShirokov - November 19, 2019, 10:35 am

In that case you close your eye and count 1 form 100
And imagine only number counting.
Then you will sleep before you reach 100.
This will help you.

Satoru Gojo - November 20, 2019, 5:11 pm

(Nov 19, 2019 09:33 AM)StorK. Wrote: [\[CITE\]](#) Smoke weed and then try and sleep again.
The correct choice

SIM-3205632 - November 21, 2019, 12:54 am

Try to think about absolutely nothing. (this usually works for me)

<https://www.youtube.com/watch?v=EiYm20F9WXU>

hackerm0m - November 21, 2019, 12:58 am

I have been having alot of trouble sleeping lately. Taking two melatonin to try to get some shut eye.

I feel a depression period coming on, I was just prescribed an antidepressant. Got a bunch of blood work done for various issues I could have, so anxiously awaiting my results for the next two weeks.

Samantha Johnson - November 21, 2019, 1:14 am

Just a phone and browser reddit, Twitter or something.