

Forum:[Hack Forums](#)

Thread: [Sleep sleep sleep](#)

Cartel - November 15, 2019, 10:58 pm

I have not been sleeping lately and these work days obviously get more and more stressful.

Anyone else unable to sleep? I do think I have insomnia but its only some times like these. Turning into a zombie!

I tried most of the usual remedies but no luck. I can even take pills get super tired and yet I will be up all day and night.

Need to kill the cycle, someone here must know something! do share.

Linux X - November 15, 2019, 11:00 pm

I have the same problem. I will suggest you to spend less time on PC/Laptop and to go out to workout or run for at least 1h.

Cartel - November 15, 2019, 11:10 pm

(Nov 16, 2019 12:00 AM)Graphic Pleasure Wrote: [\[CITE\]](#) I have the same problem. I will suggest you to spend less time on PC/Laptop and to go out to workout or run for at least 1h.

Unfortunately I have been down that road... little luck.

Walter_r86 - November 19, 2019, 8:02 am

Insomnia is an ugly beast! :(

Spend more time outdoor, try yoga or meditation, read a boring book before sleeping and don't stay on the PC/TV before going to the bed.

Good luck man!

Cartel - November 19, 2019, 11:49 am

(Nov 19, 2019 09:02 AM)Walter_r86 Wrote: [\[CITE\]](#) Insomnia is an ugly beast! :(

Spend more time outdoor, try yoga or meditation, read a boring book before sleeping and don't stay on the PC/TV before going to the bed.

Good luck man!

Sure is. and thanks

ItsGavinM8 - November 19, 2019, 11:51 am

You should be asking your doctor, not HackForums...

Cartel - November 19, 2019, 11:55 am

(Nov 19, 2019 12:51 PM)ItsGavinM8 Wrote: [\[CITE\]](#) You should be asking your doctor, not HackForums...

Helpful reply lol. already have been down that row

DrRespect - November 19, 2019, 1:09 pm

When my caffeine wears off I get super tired and it's easier to go to sleep.

Cartel - November 19, 2019, 1:12 pm

(Nov 19, 2019 02:09 PM)DrRespect Wrote: [\[CITE\]](#) When my caffeine wears off I get super tired and it's easier to go to sleep.

Thats a new one lol ok

too bad they dont work for me :/

DrRespect - November 19, 2019, 1:13 pm

Have you tried melatonin?

Cartel - November 19, 2019, 1:15 pm

(Nov 19, 2019 02:13 PM)DrRespect Wrote: [\[CITE\]](#) Have you tried melatonin?

Only gives me weird dreams nothing noticeable els

DrRespect - November 19, 2019, 1:15 pm

(Nov 19, 2019 02:15 PM)Cartel Wrote: [\[CITE\]](#) Only gives me weird dreams nothing noticeable els
What about sleeping pills?

Cartel - November 19, 2019, 1:16 pm

(Nov 19, 2019 02:15 PM)DrRespect Wrote: [\[CITE\]](#) What about sleeping pills?
what kind ?

DrRespect - November 19, 2019, 2:03 pm

(Nov 19, 2019 02:16 PM)Cartel Wrote: [\[CITE\]](#) what kind ?
Any kind I guess.

Cartel - November 19, 2019, 2:04 pm

(Nov 19, 2019 03:03 PM)DrRespect Wrote: [\[CITE\]](#) Any kind I guess.
Yeah. Still have trouble.

DrRespect - November 19, 2019, 2:05 pm

(Nov 19, 2019 03:04 PM)Cartel Wrote: [\[CITE\]](#) Yeah. Still have trouble.
That's awful, you could try another doctor since you said you've been down that road.

Cartel - November 19, 2019, 2:06 pm

(Nov 19, 2019 03:05 PM)DrRespect Wrote: [\[CITE\]](#) That's awful, you could try another doctor since you said you've been down that road.
ambien sucks and diphen works a bit but.. only to an extent. like all.

DrRespect - November 19, 2019, 2:06 pm

(Nov 19, 2019 03:06 PM)Cartel Wrote: [\[CITE\]](#) ambien sucks and diphen works a bit but.. only to an extent. like all.
Maybe you need something harder.

Cartel - November 19, 2019, 2:07 pm

(Nov 19, 2019 03:06 PM)DrRespect Wrote: [\[CITE\]](#) Maybe you need something harder.
Yeah. Any ideas

DrRespect - November 19, 2019, 2:07 pm

(Nov 19, 2019 03:07 PM)Cartel Wrote: [\[CITE\]](#) Yeah. Any ideas
Diazepam

Cartel - November 19, 2019, 2:08 pm

(Nov 19, 2019 03:07 PM)DrRespect Wrote: [\[CITE\]](#) Diazepam
Have done xanax not sure on valium

DrRespect - November 19, 2019, 2:10 pm

(Nov 19, 2019 03:08 PM)Cartel Wrote: [\[CITE\]](#) Have done xanax not sure on valium
Try it, although if xanax doesn't work, I'm not sure if valium will but it's worth a try.

Cartel - November 19, 2019, 2:12 pm

(Nov 19, 2019 03:10 PM)DrRespect Wrote: [\[CITE\]](#) Try it, although if xanax doesn't work, I'm not sure if valium will but it's worth a try.

Will do. Just,xanax is short lived. Hopefully valium is better in that respect. K-pins last much longer but they don't do a whole lot to me.

Gonna suck having a benzo addiction though..

DrRespect - November 19, 2019, 2:13 pm

(Nov 19, 2019 03:12 PM)Cartel Wrote: [\[CITE\]](#) Will do. Just,xanax is short lived. Hopefully valium is better in that respect. K-pins last much longer but they don't do a whole lot to me.

Gonna suck having a benzo addiction though..

Valium calms you down and that's what you need to sleep so it's worth a try. Benzo addiction is one of the worst to have I've heard man.

Cartel - November 19, 2019, 2:14 pm

(Nov 19, 2019 03:13 PM)DrRespect Wrote: [\[CITE\]](#) Valium calms you down and that's what you need to sleep so it's worth a try. Benzo addiction is one of the worst to have I've heard man.

Yes, I am aware. That's why.

Psilocybe - November 19, 2019, 8:26 pm

If there isn't any interference with your current medication, try diphenhydramine (Benadryl). It's relatively light when compared to what you've taken, but I wouldn't underestimate it. Another thing to note is that if you have minimal physical activity throughout your days, it will contribute towards restlessness significantly.

Cartel - November 19, 2019, 8:26 pm

(Nov 19, 2019 09:26 PM)Psilocybe Wrote: [\[CITE\]](#) If there isn't any interference with your current medication, try diphenhydramine (Benadryl). It's relatively light when compared to what you've taken, but I wouldn't underestimate it. Another thing to note is that if you have minimal physical activity throughout your days, it will contribute towards restlessness significantly.

Yeah I mentioned I have and do take that stuff

Natas - November 19, 2019, 8:27 pm

Bro I got some wild hemp hempettes there hemp CBD ciggartes legal now in all states
they got rid of my insomina completely its like magic bro

Psilocybe - November 19, 2019, 8:28 pm

(Nov 19, 2019 09:26 PM)Cartel Wrote: [\[CITE\]](#) Yeah I mentioned I have and do take that stuff
How about good ol' Mary Jane? Tried it or use it?

Cartel - November 19, 2019, 8:28 pm

(Nov 19, 2019 09:28 PM)Psilocybe Wrote: [\[CITE\]](#) How about good ol' Mary Jane? Tried it or use it?
That does indeed help. I should light up more often ?

Psilocybe - November 19, 2019, 8:33 pm

(Nov 19, 2019 09:28 PM)Cartel Wrote: [\[CITE\]](#) That does indeed help. I should light up more often ? yeah bro and when it starts to lose its effectiveness, that's when you bust out a bong and rip the fucker hard. Flower + Diphenhydramine has always been a great combo for me!

Cartel - November 19, 2019, 8:34 pm

(Nov 19, 2019 09:33 PM)Psilocybe Wrote: [\[CITE\]](#) yeah bro and when it starts to lose its effectiveness, that's when you bust out a bong and rip the fuggger hard. Flower + Diphenhydramine has always been a great combo for me!

I been vaping to which helps but probably weed tops that shit

Psilocybe - November 19, 2019, 8:36 pm

(Nov 19, 2019 09:34 PM)Cartel Wrote: [\[CITE\]](#) I been vaping to which helps but probably weed tops that Clay Davis

Actually nicotine is a stimulant so it makes sleep a bit harder. I used to think my vape helped me fall asleep but once I stopped within ~45 minutes of sleeping, I noticed a difference.

Cartel - November 19, 2019, 8:36 pm

(Nov 19, 2019 09:36 PM)Psilocybe Wrote: [\[CITE\]](#) Actually nicotine is a stimulant so it makes sleep a bit harder. I used to think my vape helped me fall asleep but once I stopped within ~45 minutes of sleeping, I noticed a difference.

It relieves some stress and reduces my insomnia even though it is a stim.

Psilocybe - November 19, 2019, 8:38 pm

(Nov 19, 2019 09:36 PM)Cartel Wrote: [\[CITE\]](#) It relieves some stress and reduces my insomnia even though it is a stim.

What form do you take diphenhydramine in?

Cartel - November 19, 2019, 9:18 pm

(Nov 19, 2019 09:38 PM)Psilocybe Wrote: [\[CITE\]](#) What form do you take diphenhydramine in? Capsule / Pill always ONLY active ingredient. But, I take more than I should.

Psilocybe - November 19, 2019, 9:21 pm

(Nov 19, 2019 10:18 PM)Cartel Wrote: [\[CITE\]](#) Capsule / Pill always ONLY active ingredient. But, I take more than I should.

Yoo you gotta try the liquid form, it's been much more effective in my experience.

There's zzzquil, nighttime sleep-aid, etc.

Cartel - November 19, 2019, 9:23 pm

(Nov 19, 2019 10:21 PM)Psilocybe Wrote: [\[CITE\]](#) Yoo you gotta try the liquid form, it's been much more effective in my experience.

There's zzzquil, nighttime sleep-aid, etc.

OK but I dont want any of that tylenol shit with it. Its curious why liquid form would be any difference, but I might give that a go. Never tried that.

What dosage do you usually take in MG?

Cooligan - November 19, 2019, 10:02 pm

I have terrible sleeping habits, you're definitely not alone on that one.

Gotta fix it sooner than later.

Cartel - November 19, 2019, 10:03 pm

(Nov 19, 2019 11:02 PM)Cooligan Wrote: [\[CITE\]](#) I have terrible sleeping habits, you're definitely not alone on that one.

Gotta fix it sooner than later.
thank god im not..

Stayunknown - November 19, 2019, 11:10 pm

Yeah I have insomnia and took meds for it but it turned me to a addict, and kinda ruined my life

Cartel - November 20, 2019, 7:10 am

(Nov 20, 2019 12:10 AM)Stayunknown Wrote: [\[CITE\]](#) Yeah I have insomnia and took meds for it but it turned me to a addict, and kinda ruined my life

That escalated quickly. What type of meds benzos?

The Pact - November 20, 2019, 11:13 am

(Nov 15, 2019 11:58 PM)Cartel Wrote: [\[CITE\]](#) I have not been sleeping lately and these work days obviously get more and more stressful.

Anyone else unable to sleep? I do think I have insomnia but its only some times like these. Turning into a zombie!

I tried most of the usual remedies but no luck. I can even take pills get super tired and yet I will be up all day and night.

Need to kill the cycle, someone here must know something! do share.
Basically same the pills don't work and it's so frustrating because I have all these goals and too tired to pursue them. It's 8:00am and I've had no sleep.

(Nov 19, 2019 02:13 PM)DrRespect Wrote: [\[CITE\]](#) Have you tried melatonin?
Yeah I had a really bad response to meatonin didn't do what it was supposed to do.

MercedesGT - November 23, 2019, 3:36 pm

I barely sleep these days, i'm going through the same thing.