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Thread: [Haven't been able to sleep for 4 days](#)

device - June 26, 2020, 7:25 am

Don't know what's happening, I'm going to bed around 1AM as usual try sleeping and I just can't.

My mind is staying active while my body tries to sleep, which means I'm awake all night. I just experienced my first sleep paralysis yesterday evening.

I'm exhausted and don't know what to do. I don't take drugs and don't smoke.

Feels like I could go to sleep anytime I'm so tired but when I try I can't.

Yin Yang - June 26, 2020, 7:27 am

I would suggest Melatonin, it's an OTC and isn't as strong as other drugs, but it can help you with your sleeping.

hfrocket1713 - June 26, 2020, 9:39 am

it's anxiety, what's bothering you? I would suggest smoking weed to fall asleep. but if you don't want to then use melatonin as the cocksucker above me mentioned.

Vibe - June 26, 2020, 9:51 am

Maybe some has drugged you with meth?

Lol no but in a serious note do you normally smoke weed? If so and you stopped that could effect it. Otherwise like the above user suggested grab some melatonin.

Personally I just take some NyQuil or Tylenol pm when I can sleep and don't have weed as I never have melatonin when I need it

Verdande - June 28, 2020, 1:08 am

Sometimes it can help to shut down all electronics and UN-plug yourself from the internet for a while.

If you are struggling to sleep due to your mind racing, have you tried having a low-frequency white noise

playing while you sleep?

Complete silence can sometimes push the mind to drift away occupying itself with a lot of different thoughts,

and the frustration from being sleep-deprived can cause a mental-fatigue and in some cases prevent sleep.

Do you have a lot of things that you are worried about?

If the mind is not done dealing with certain thoughts it can stand in the way of getting sleep, I find the Valerian root to help soothe the mind, there are a few different prescription-free option.

If you are able to pin-point the problem and maybe backtrack what might have caused it, sometimes we overlook the smallest of details, especially if you are dead tired and might struggle to focus.

mindshift5 - October 3, 2020, 3:42 am

If you're not lactose intolerant, take a warm glass of milk... Then have some banana

You'll be fine

Bob the Builder - October 3, 2020, 8:45 am

Maybe you should listen to ASMR (autonomous sensory meridian response) just search about it and try to watch it maybe you fall asleep if you don't then try to stop thinking relax your body or try to contact with a doctor

mike.vronsky - October 3, 2020, 1:07 pm

(Jun 26, 2020 09:39 AM)hfrocket1713 Wrote: [\[CITE\]](#) it's anxiety, what's bothering you? I would suggest smoking weed to fall asleep. but if you don't want to then use melatonin as the cocksucker above me mentioned.

Smoking weed is not a bad idea but once we start doing it there is no way to come back he will be fugged up soon i will recommend him to take tablets

device - October 3, 2020, 2:21 pm

Hey guys that was quite some time now. My girlfriend broke up we me a day after this thread. I guess my mind new what was up. Thanks for your advice :)

Starks - October 4, 2020, 6:59 am

Something must be bothering your mind. Perhaps you could start by finding out what it is before you seek for any solution.

AmineB - October 4, 2020, 7:30 am

Well, what I think as that you are overthinking or may be in severe stress or depression. Keep yourself easy and stop overthinking and try to eat healthy food you will feel better.