

Forum:[Hack Forums](#)

Thread: [How to deal with insomnia loop](#)

reGame - November 18, 2020, 3:07 am

My nights look like this: 8h sleep, 4h sleep, 8h, 4h.. repeat

as you would guess i feel very good after nights where i slept 8h and i feel not so good after nights where i slept 4h

im sure its caused by coffee however both these days i drink equal, and not so big amount of it. im trying to decrease it but to be honest i need coffee for productivity

anyone knows how to even it out? eg 7h sleep every day?

i tried to suplement:

- vit c
- vit k
- vit d
- sodium
- potassium

i also consume before night:

- mg to relax body
- relax teas
- antihistamine teas
- theanine (testing it out, its something tea has, however i have no idea if it helps or not)
- melatonin (also testing it out)

so far these things have influenced my sleep positively but they dont solve the issue

anyone has an idea?

Aqzxk - November 19, 2020, 7:13 pm

Turning your phone off helps me and that's really all I need sometimes. Turn it off, 2 hours before. Read a book or listen to a podcast.

Lyrlei - November 20, 2020, 1:19 am

Just like Aq said, it's best you turn off your phone or intentionally try to limit your usage to your device if you want to fix your sleeping habits, I think imo, some people can't sleep mainly because of their mindset, sometimes it's best to just relax, and take it easy, being on edge and feeling like you need to take something in order to sleep can probably be counter productive.

Good luck OP, and this isn't a professional advice.

Tjm - December 11, 2020, 2:48 pm

Just cut phone time way before bed, relaxing music helps a lot, a hot shower makes me sleepy also. Don't wear tight restrictive clothing and keep a cool temperature in your room. People sleep better in slightly colder rooms, you can still use blankets but I find I sleep way better when it's a little chilly.

Syborg - *December 12, 2020, 1:41 am*

I experience it right now. And i dont know what to do. I go to sleep at 3 am and wake up at 6 am.
I feel tired all day around