

Forum:[Hack Forums](#)

Thread: [Anyone else have troubles sleeping?](#)

Cooldudex - January 8, 2021, 3:54 am

I find myself staying up entire nights these days whether I like it or not. Stress is always on my mind there's no shaking it. Starting to think I might be becoming an insomniac.

Anyone else find themselves staying awake no matter what is going on the next day?

ScorpionX - January 8, 2021, 4:03 am

You need to see a doctor about it. It's not a good thing.

Cooldudex - January 8, 2021, 4:05 am

(Jan 8, 2021 05:03 AM)ScorpionX Wrote: [\[CITE\]](#) You need to see a doctor about it. It's not a good thing.

I probably won't ever see a doctor about it but it's definitely not good

Telstra - January 8, 2021, 4:05 am

I sleep like a baby bro i have no stresses

Cooldudex - January 8, 2021, 4:07 am

(Jan 8, 2021 05:05 AM)Telstra Wrote: [\[CITE\]](#) I sleep like a baby bro i have no stresses

Must be nice. I'm good with money I have no stress there but I have way too many responsibilities so my mind is always racing

ScorpionX - January 8, 2021, 4:22 am

(Jan 8, 2021 05:05 AM)Cooldudex Wrote: [\[CITE\]](#) I probably won't ever see a doctor about it but it's definitely not good

I really wish you could. It would be much easier than the suggestions you'll receive here.

Utility - January 8, 2021, 4:30 am

Try CBD, it helped my insomnia.

Larry - January 8, 2021, 4:31 am

Try some melatonin before bed

Cooldudex - January 8, 2021, 4:35 am

(Jan 8, 2021 05:30 AM)Utility Wrote: [\[CITE\]](#) Try CBD, it helped my insomnia.

Thought about this but I didn't know if it was bullshit or not

(Jan 8, 2021 05:31 AM)Frankie_ Wrote: [\[CITE\]](#) Try some melatonin before bed

I wish. I'm way past melatonin now. I can take a shit ton and still be awake

Utility - January 8, 2021, 4:35 am

(Jan 8, 2021 05:35 AM)Cooldudex Wrote: [\[CITE\]](#) Thought about this but I didn't know if it was bullshit or not

I wish. I'm way past melatonin now. I can take a shit ton and still be awake

Definitely not bs it really does help me sleep when I need help sleeping.

guardian - January 8, 2021, 4:40 am

I used to, I take pills for sleeping now though and it works fine.

No benzos, I don't even build up a tolerance, I have been taking the same dosage for a long time now.

Maybe ask your doctor about that, but make sure that you get either an neuroleptic or an antidepressant that you take before bed that makes you tired.

Benzos will help you sleep, but they are highly addictive.

Juoku - January 8, 2021, 4:42 am

(Jan 8, 2021 04:54 AM)Cooldudex Wrote: [\[CITE\]](#) I find myself staying up entire nights these days whether I like it or not. Stress is always on my mind there's no shaking it. Starting to think I might be becoming an insomniac.

Anyone else find themselves staying awake no matter what is going on the next day?

Had that a few years back, had all sorts of stressful things happen in my life and after some time passed and those issues got resolved I could sleep again

Telstra - January 8, 2021, 4:42 am

(Jan 8, 2021 05:07 AM)Cooldudex Wrote: [\[CITE\]](#) Must be nice. I'm good with money I have no stress there but I have way too many responsibilities so my mind is always racing

How much cash you got?

Cooldudex - January 8, 2021, 4:46 am

(Jan 8, 2021 05:40 AM)guardian Wrote: [\[CITE\]](#) I used to, I take pills for sleeping now though and it works fine.

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Maybe ask your doctor about that, but make sure that you get either an neuroleptic or an antidepressant that you take before bed that makes you tired.

Benzos will help you sleep, but they are highly addictive.

I have a hella addictive personality I've thought about it but I'm nervous if I start I won't stop haha

(Jan 8, 2021 05:42 AM)Juoku Wrote: [\[CITE\]](#) Had that a few years back, had all sorts of stressful things happen in my life and after some time passed and those issues got resolved I could sleep again

I'm waiting for that day

(Jan 8, 2021 05:42 AM)Telstra Wrote: [\[CITE\]](#) How much cash you got?

Lol. Don't worry :)

Goku - January 8, 2021, 4:47 am

I've the same.

I use weed to sleep. But I don't recommend it since it can be addictive to some.

Try CBD.

I don't like fucking around with sleeping pills.

What I also can recommend is training. Do some cardio before going to bed haha.

Also, can't go wrong with some lofi tunes :P

guardian - January 8, 2021, 4:48 am

(Jan 8, 2021 05:46 AM)Cooldudex Wrote: [\[CITE\]](#) I have a hella addictive personality I've thought about it but I'm nervous if I start I won't stop haha

I'm waiting for that day

Lol. Don't worry :)

Well, take Seroquel as an example, no "nice" effects, so no real potential for addiction, but helps a lot sleeping.

Cooldudex - January 8, 2021, 4:49 am

(Jan 8, 2021 05:47 AM)Goku Wrote: [\[CITE\]](#) I've the same.

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Also, can't go wrong with some lofi tunes :P

I hit the gym late at night it really does help a lot. Seems like no matter how hard I go the stress relief only lasts until about an hour after I get home. Yeah sleeping pills either fuck you up or don't work it seems. Might just starting hitting the dispensary and just try and smoke myself to bed

(Jan 8, 2021 05:48 AM)guardian Wrote: [\[CITE\]](#) Well, take Seroquel as an example, no "nice" effects, so no real potential for addiction, but helps a lot sleeping.

I'll look into that thanks buddy

Goku - January 8, 2021, 4:55 am

(Jan 8, 2021 05:49 AM)Cooldudex Wrote: [\[CITE\]](#) I hit the gym late at night it really does help a lot. Seems like no matter how hard I go the stress relief only lasts until about an hour after I get home. Yeah sleeping pills either fugg you up or don't work it seems. Might just starting hitting the dispensary and just try and smoke myself to bed

Tbh it's better smoke a J than start fucking with benzos and shit.

If you don't smoke just try to only smoke at night/evening. It's all about the rhythm.

Of course, we can't go around the underlying problem. Your stress.

You need to fix that, you can't patch a hole in an oil tank and expect it not go horrible wrong later. You need to replace that whole oil tank :P

So you can't patch your stress with drugs. We need to fix it. Otherwise, stress wouldn't be the only thing you would be worrying about.

I know it's easier said than done. We are almost in the same situation. I've reflected what I just said to you upon myself so thanks for making this thread.

Telstra - January 8, 2021, 4:59 am

my neck hurts at the moment

6syyx - January 8, 2021, 5:13 am

When I had this problem nyquil sleep aid helped me.

1337GAMER - January 8, 2021, 5:25 am

I have a similar issue and have also had success with CBD. No harm in trying it out to see how it can help you.

Good luck!

Cooldudex - January 8, 2021, 5:26 am

(Jan 8, 2021 05:55 AM)Goku Wrote: [\[CITE\]](#) Tbh it's better smoke a J than start fugging with benzos and shit.

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I know it's easier said than done. We are almost in the same situation. I've reflected what I just said to you upon myself so thanks for making this thread.

I'm happy this thread was your mirror and you could find something here and resonate with it bro. I'll take that. I appreciate your comment

(Jan 8, 2021 06:25 AM)1337GAMER Wrote: [\[CITE\]](#) I have a similar issue and have also had success with CBD. No harm in trying it out to see how it can help you.

Good luck!

I'm going to look into it when the sun is up haha. Thanks buddy!

Fellow Man - January 8, 2021, 6:49 am

I've been having trouble lately because my sleep schedule is fucked.

Juoku - January 8, 2021, 10:05 am

(Jan 8, 2021 05:46 AM)Cooldudex Wrote: [\[CITE\]](#) I'm waiting for that day
I hope you'll get to experience that soon enough mate!

TH2C - January 8, 2021, 10:10 am

Yeah, I'm taking melatonin which helped a lot. But it sucks that now I can't sleep without it, the brain stops naturally producing melatonin if you take the pills for an extended period of time. 7 days without the pills you go back to normal, but you're gonna have 7 sleepless (or 2-3 hours) nights.

Fellow Man - January 8, 2021, 10:14 am

(Jan 8, 2021 06:13 AM)6syyx Wrote: [\[CITE\]](#) When I had this problem nyquil sleep aid helped me. Nyquil pills do seem to put me out lol

ChromeRabid - January 8, 2021, 11:45 am

I use earplugs and sleep like a baby .

MiSHo - January 8, 2021, 8:14 pm

ummmmm , yeah i do

you can use Seroquel tablets , These help you sleep without thinking

Fellow Man - January 8, 2021, 8:21 pm

(Jan 8, 2021 12:45 PM)ChromeRabid Wrote: [\[CITE\]](#) I use earplugs and sleep like a baby .

I used to use earplugs but one got caught in my ear lmao

Craig - January 8, 2021, 8:28 pm

I personally don't go sleep until 6am-8am. so I'm out like the lamp ;P