

Forum:[Hack Forums](#)

Thread: [What do you do late at night when you cant sleep?](#)

agent - April 7, 2021, 10:30 pm

What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

OBAMASELF - April 7, 2021, 10:38 pm

I just wank and fell asleep

P.s Doing it for the past decade and every-time it works especially when I can't sleep

Zero - April 7, 2021, 11:19 pm

I can literally fall asleep anywhere in minutes.

I usually like to watch Netflix and fall asleep with that.

Billy - April 7, 2021, 11:21 pm

Yeah I try smoking to help sleep but sometimes it doesnt put me out so I do what i do now, scroll
lifelessly on HF until somehow i get tired.

Xtreme™ - April 7, 2021, 11:27 pm

I don't do anything special to fall asleep.

I just lie down idle doing nothing and within 5 mins I am off to sleep :D

But ya there are very few days when I don't be sleepy enough that is the time when I hear songs on
Spotify and somehow I fall asleep instantly.

Yanix - April 7, 2021, 11:32 pm

I usually watching movies until my eyes gets tired :D

Rev - April 7, 2021, 11:42 pm

I put on the same youtube videos over and over so time flies and I can pass out.

Alex J - April 8, 2021, 2:02 am

I either play video games or watch movies

Neon™ - April 8, 2021, 2:26 am

Most of the time when I can't sleep it's because of business issues or personal or/and family
problems.

What I do most of the time is to get up, go on the terrace and chill for a while or I turn on the TV, switch to YT and find a nice short documentary to watch.

Juoku - April 8, 2021, 2:45 am

I don't really have a problem falling a sleep, I did have an issue during a specific period of time where I basically stayed up, smoked and watched the scenery to pas the time with my thoughts, I don't really remember what helped me sleep during that time tho

agent - April 8, 2021, 7:00 am

(Apr 8, 2021 02:45 AM)Juoku Wrote: [\[CITE\]](#) I don't really have a problem falling a sleep, I did have an issue during a specific period of time where I basically stayed up, smoked and watched the scenery to pas the time with my thoughts, I don't really remember what helped me sleep during that time tho
damnm lucky you bro

Dopamine - April 8, 2021, 7:19 am

I smoke weed then I'm go back to sleep.

Grim - April 8, 2021, 7:23 am

Usually some boring show lv already seen a ton will help me fall asleep. Either that or reading boring stuff

agent - April 8, 2021, 11:05 am

(Apr 8, 2021 07:19 AM)Dopamine Wrote: [\[CITE\]](#) I smoke weed then I'm go back to sleep.
try this all the time lmfaosmoking all day cant sleep still

Andrew - April 8, 2021, 1:38 pm

(Apr 7, 2021 11:19 PM)Zero Wrote: [\[CITE\]](#) I can literally fall asleep anywhere in minutes.
I usually like to watch Netflix and fall asleep with that.
I wish I could just do that man! I guess my melatonin is like fucked I cant fall asleep just like you do

Tides - April 8, 2021, 1:49 pm

(Apr 8, 2021 11:05 AM)Prison Wrote: [\[CITE\]](#) try this all the time lmfaosmoking all day cant sleep still
I smoke all day too. Weed engages my brain and it does not help me sleep unless I wake up and need something to get me back to sleep, then the weed knocks me out.

I've found that to get the best sleep without a stoneover I'll not smoke an hour before bed, then I usually fall asleep pretty easily and wake up feeling a lot fresher.

SIM-4887667 - April 8, 2021, 4:37 pm

I usually take a shot and smoke some weed, if that doesn't work then I try laying down while keeping my eyes closed and body still for 15 minutes you are supposed to naturally fall asleep if you do that.

If all else fails I would recommend melatonin. Idk if you've tried it before but take it 45 minutes before you want to sleep and you'll be good to go. I usually settle in at around 40MG. You sleep like a dead baby and feel ready to go next morning

Deany - April 8, 2021, 4:39 pm

(Apr 7, 2021 10:30 PM)Prison Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff

don't
the next day.

Any Recommendations

If you can't sleep just buy some melatonin or any sleep aid from local drug store.

agent - April 8, 2021, 4:45 pm

(Apr 8, 2021 04:39 PM)Deany Wrote: [\[CITE\]](#) If you can't sleep just buy some melatonin or any sleep aid from local drug store.

Melatonin doesnt do anything for me bro also sometimes end up even more tired when you wake up

Aeowulf - April 8, 2021, 6:23 pm

I pound a cup of coffee then sleep like a baby.

agent - April 8, 2021, 6:34 pm

(Apr 8, 2021 06:23 PM)Aeowulf Wrote: [\[CITE\]](#) I pound a cup of coffee then sleep like a baby.
Jesus you got superman powers bro

Aeowulf - April 8, 2021, 6:41 pm

(Apr 8, 2021 06:34 PM)Prison Wrote: [\[CITE\]](#) Jesus you got superman powers bro
Hah, yeah. I kill a full pot a day and actually have issues staying asleep if I hadn't had at least 2/3 of it. Had issues last night. ? Usually the last thing I do before I brush my teeth and lay down is kill a last cup.

Bob White - April 8, 2021, 6:53 pm

Melatonin and CBD oil and I pass out in about a half hour.

Hitachi - April 8, 2021, 7:00 pm

I drink hard liquor. Usually, the sleeping part happens at like 9 AM tho. And no, I'm not an alcoholic.

agent - April 8, 2021, 7:16 pm

(Apr 8, 2021 06:41 PM)Aeowulf Wrote: [\[CITE\]](#) Hah, yeah. I kill a full pot a day and actually have issues staying asleep if I hadn't had at least 2/3 of it. Had issues last night. ? Usually the last thing I do before I brush my teeth and lay down is kill a last cup.

At first i thought you was trolling me but you dead ass serious about this lmfao thats crazy !thats like me with the devils lettuce xD

Aeowulf - April 8, 2021, 7:18 pm

(Apr 8, 2021 07:16 PM)Prison Wrote: [\[CITE\]](#) At first i thought you was trolling me but you dead ass serious about this lmfao thats crazy !thats like me with the devils lettuce xD

Haha, yeah, no joke. I have a legit caffeine addiction. Without it, mad headaches and I can't concentrate. Legit need it now just to function.

TB12 - April 8, 2021, 7:19 pm

Take sleeping meds earlier. I'm on a medication for bipolar and it also helps me sleep, gets me drowsy. I take it a couple hours before bed so I'm not a zombie in the morning

agent - April 8, 2021, 7:20 pm

(Apr 8, 2021 06:53 PM)GenericPlayer17 Wrote: [\[CITE\]](#) Melatonin and CBD oil and I pass out in about

a half hour.What MG of melatonin do you use?

(Apr 8, 2021 07:00 PM)Hitachi Wrote: [\[CITE\]](#) I drink hard liquor. Usually, the sleeping part happens at like 9 AM tho. And no, I'm not an alcoholic.IOh god.Well sounds like you have been talking to my buddy Tony ??

Bob White - April 8, 2021, 7:21 pm

(Apr 8, 2021 07:20 PM)Prison Wrote: [\[CITE\]](#) What MG of melatonin do you use?

IOh god.Well sounds like you have been talking to my buddy Tony ??
10mg of melatonin.

agent - April 8, 2021, 7:23 pm

(Apr 8, 2021 07:18 PM)Aeowulf Wrote: [\[CITE\]](#) Haha, yeah, no joke. I have a legit caffeine addiction. Without it, mad headaches and I can't concentrate. Legit need it now just to function.Thats nuts i have a bad weed addiction but i think caffeine would be worse Imfao

(Apr 8, 2021 07:19 PM)TB12 Wrote: [\[CITE\]](#) Take sleeping meds earlier. I'm on a medication for bipolar and it also helps me sleep, gets me drowsy. I take it a couple hours before bed so I'm not a zombie in the morning
What kind of sleeping meds would you say work for you?

(Apr 8, 2021 07:21 PM)GenericPlayer17 Wrote: [\[CITE\]](#) 10mg of melatonin.
10mg melatonin never does anything for me i need take like 4 xD i dont get it

TB12 - April 8, 2021, 7:25 pm

(Apr 8, 2021 07:23 PM)Prison Wrote: [\[CITE\]](#) What kind of sleeping meds would you say work for you?

Well I'm not on sleeping meds but like I said my bipolar medication can act like one because it makes me drowsy. You said your sleeping meds make you sleep too much and not get things done the next day. That's why you want to make sure you take it earlier than you are so it doesn't cause that as bad

siddy357 - April 8, 2021, 7:41 pm

(Apr 7, 2021 10:30 PM)Prison Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't
the next day.

Any Recommendations

concentrating on breathing helps in getting to sleep mode fast.

agent - April 8, 2021, 7:49 pm

(Apr 8, 2021 07:25 PM)TB12 Wrote: [\[CITE\]](#) Well I'm not on sleeping meds but like I said my bipolar medication can act like one because it makes me drowsy. You said your sleeping meds make you

sleep too much and not get things done the next day. That's why you want to make sure you take it earlier than you are so it doesn't cause that as bad! see what you mean bro makes sense sorry miss understood

(Apr 8, 2021 07:41 PM)siddy357 Wrote: [\[CITE\]](#) concentrating on breathing helps in getting to sleep mode fast.This i rarely do mind is always running

A Nobody - April 8, 2021, 7:50 pm

Smoke some weed and try to chill and relax outside (without screens). It usually untenses my body, lets my mind relax, and then I can usually sleep.

siddy357 - April 8, 2021, 7:51 pm

(Apr 8, 2021 07:49 PM)Prison Wrote: [\[CITE\]](#) I see what you mean bro makes sense sorry miss understood

This i rarely do mind is always running
that is the reason why concentrating on the breathe can help you.

agent - April 8, 2021, 7:57 pm

(Apr 8, 2021 07:50 PM)A_Vile_User Wrote: [\[CITE\]](#) Smoke some weed and try to chill and relax outside (without screens). It usually untenses my body, lets my mind relax, and then I can usually sleep.Good call should try this

(Apr 8, 2021 07:51 PM)siddy357 Wrote: [\[CITE\]](#) that is the reason why concentrating on the breathe can help you.Ill give it a go and see how it goes for me! thx

agent - April 8, 2021, 8:13 pm

(Apr 8, 2021 08:02 PM)Panik Wrote: [\[CITE\]](#) watch dr phil that mans slaps
People still watch that guy damn he's come a long way

LaurAnime - April 8, 2021, 8:16 pm

Mainly taking dabs, however I'm due for a TB. So it's not helping as much, I have access to clonazepam though, so that's nice haha

unik0rn - April 8, 2021, 8:26 pm

Meditation is great, gets you in a calm state of mind and then sleep is easy from there!

agent - April 8, 2021, 8:29 pm

(Apr 8, 2021 08:26 PM)unik0rn Wrote: [\[CITE\]](#) Meditation is great, gets you in a calm state of mind and then sleep is easy from there!

i finding mediating hard no matter how hard i try to di it

SIM-3609092 - April 8, 2021, 8:30 pm

Usually just watch some TV and pass out.

unik0rn - April 8, 2021, 8:34 pm

(Apr 8, 2021 08:29 PM)Prison Wrote: [\[CITE\]](#) i finding mediating hard no matter how hard i try to di it
Try a guided meditation app or even a YouTube video.

agent - April 8, 2021, 8:37 pm

(Apr 8, 2021 08:34 PM)unik0rn Wrote: [\[CITE\]](#) Try a guided meditation app or even a YouTube video.
Way to much going on in my head for that bro Imfao i wish

unik0rn - April 8, 2021, 8:38 pm

That's why you need to use the guidance, stick with it, meditation is a long process but once you're into the practice it gets much easier

Carrot - April 8, 2021, 9:29 pm

netflix is usually my goto..

or if im not in the mood for a full length movie or show then browse youtube

agent - April 9, 2021, 11:44 am

(Apr 8, 2021 09:29 PM)Carrot Wrote: [\[CITE\]](#) netflix is usually my goto..

or if im not in the mood for a full length movie or show then browse youtube

YouTube is a good call sometimes but find i get even more distracted looking at random stuff

gtasa720 - April 9, 2021, 11:49 am

(Apr 7, 2021 10:30 PM)Prison Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game

I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff

don't

the next day.

Any Recommendations

Hear to Podcast. Usually i do to fall asleep :D

Carrot - April 9, 2021, 11:56 am

(Apr 9, 2021 11:44 AM)Prison Wrote: [\[CITE\]](#) YouTube is a good call sometimes but find i get even more distracted looking at random stuff

that is the beauty of youtube! one minute you're watch a car review next you're watching brain surgery.

agent - April 9, 2021, 11:57 am

(Apr 9, 2021 11:56 AM)Carrot Wrote: [\[CITE\]](#) that is the beauty of youtube! one minute you're watch a car review next you're watching brain surgery.

Sadly this is so true bro Jesus couldn't have said it better

The - April 9, 2021, 11:58 am

I also find myself puffing away at the devil's lettuce when I can't sleep...

agent - April 9, 2021, 12:00 pm

(Apr 9, 2021 11:58 AM)The Wrote: [\[CITE\]](#) I also find myself puffing away at the devil's lettuce when I can't sleep...

That's my man ! Smoke till u cant anymore then usually fall asleep in the chair xD

soulm8 - April 9, 2021, 12:18 pm

i was struggling with insomnia for 15 yrs

did literally everything overnight, but now im cured and sleeping like a lamb :)

ghostboy - April 9, 2021, 12:21 pm

I tell god this is why I don't worship him

Carrot - April 9, 2021, 12:26 pm

(Apr 9, 2021 12:21 PM)triple6 Wrote: [\[CITE\]](#) I tell god this is why I don't worship him is that why you are selling your soul?

???????????? - April 9, 2021, 12:27 pm

If i can't but i want i think repeated: Sleep, sleep, sleep... till i sleep.

If i can't sleep but i want to know the reason its mostly because of the problems i try to solve in my head.

ghostboy - April 9, 2021, 12:27 pm

(Apr 9, 2021 12:26 PM)Carrot Wrote: [\[CITE\]](#) is that why you are selling your soul?
cant sell whats already been sold :)

agent - April 9, 2021, 1:04 pm

(Apr 9, 2021 12:27 PM)triple6 Wrote: [\[CITE\]](#) cant sell whats already been sold :)
Isn't that a fact hey

*** - April 9, 2021, 6:43 pm

Happens a lot to me so I just sit on HF , Learn new things , or make changes to my website :] , late night coding is the best type of coding

Carrot - April 9, 2021, 6:44 pm

(Apr 9, 2021 06:43 PM)OPAL Wrote: [\[CITE\]](#) Happens a lot to me so I just sit on HF , Learn new things , or make changes to my website :] , late night coding is the best type of coding
definitely concentrate better at night!
guess its cause can't really do much else

*** - April 9, 2021, 6:47 pm

(Apr 9, 2021 06:44 PM)Carrot Wrote: [\[CITE\]](#) definitely concentrate better at night!
guess its cause can't really do much else
I feel like the day is wasted if I dont stay up late , plus its just a better vibe in the night

Connected - April 9, 2021, 7:39 pm

I usually pop about 50-75mg of diphenhydramine and wait 1-2 hours for it to kick in.

de_g3ntl3m4n - April 9, 2021, 8:37 pm

I feel you bro man, to be honest try to code or reflex on my problems, I would say maybe listen to some music, or get very very tired and don't sleep or take a nap and just sleep and take a nap at that certain sleep time..

MarvinMalware - April 9, 2021, 9:20 pm

Watch youtube, meditate, smoke weed. Insomnia is just a part of my life now lmao.

?nxy - April 9, 2021, 9:21 pm

cereal is probably the best answer but literally beer

agent - April 9, 2021, 9:23 pm

(Apr 9, 2021 09:20 PM)Shoto Todoroki Wrote: [\[CITE\]](#) Watch youtube, meditate, smoke weed.
Insomnia is just a part of my life now lmao.Lucky you learned to cope with it

MarvinMalware - April 9, 2021, 9:24 pm

(Apr 9, 2021 09:23 PM)Prison Wrote: [\[CITE\]](#) Lucky you learned to cope with it
Yeah cope is one word for it lmao, I mostly just accept it and sleep as I can.

agent - April 9, 2021, 9:24 pm

(Apr 9, 2021 06:47 PM)OPAL Wrote: [\[CITE\]](#) I feel like the day is wasted if I dont stay up late , plus its just a better vibe in the night

This is a true fact

(Apr 9, 2021 09:24 PM)Shoto Todoroki Wrote: [\[CITE\]](#) Yeah cope is one word for it lmao, I mostly just accept it and sleep as I can.
Ill get there one day i hope

Yanix - April 9, 2021, 9:37 pm

(Apr 9, 2021 09:20 PM)Shoto Todoroki Wrote: [\[CITE\]](#) Watch youtube, meditate, smoke weed.
Insomnia is just a part of my life now lmao.
Glad to see you around again brother :D
Insomnia is always part of most of us here in the forum ?

MarvinMalware - April 9, 2021, 9:39 pm

(Apr 9, 2021 09:37 PM)Yanix Wrote: [\[CITE\]](#) Glad to see you around again brother :D
Insomnia is always part of most of us here in the forum ?
Yeah it seems to be a common problem we all share lmao.
How have you been bro?

agent - April 9, 2021, 9:39 pm

(Apr 9, 2021 09:37 PM)Yanix Wrote: [\[CITE\]](#) Glad to see you around again brother :D
Insomnia is always part of most of us here in the forum ?
True that well said lmao

Yanix - April 9, 2021, 9:42 pm

(Apr 9, 2021 09:39 PM)Shoto Todoroki Wrote: [\[CITE\]](#) Yeah it seems to be a common problem we all share lmao.
How have you been bro?
I am good bro just still chilling at home this weekend and no where to go as we are still on lock down :D
Infected number of people are continues rising so the government needs to do it to stop spreading the virus.

MarvinMalware - April 9, 2021, 9:45 pm

(Apr 9, 2021 09:42 PM)Yanix Wrote: [\[CITE\]](#) I am good bro just still chilling at home this weekend and no where to go as we are still on lock down :D
Infected number of people are continues rising so the government needs to do it to stop spreading the virus.
Ah I see they've begun ending lockdowns here however we still have a significant amount of cases and a large amount of people who still don't believe in the virus.

Yanix - April 9, 2021, 9:47 pm

(Apr 9, 2021 09:45 PM)Shoto Todoroki Wrote: [\[CITE\]](#) Ah I see they've begun ending lockdowns here however we still have a significant amount of cases and a large amount of people who still don't believe in the virus.
Good to hear that somehow your place starting to end up the lockdowns. Have you had the vaccine already bro?

bk randy - April 9, 2021, 10:01 pm

The same thing most people do. Or just lay there and enjoy the rest, which is how it usually goes.

MarvinMalware - April 9, 2021, 10:17 pm

(Apr 9, 2021 09:47 PM)Yanix Wrote: [\[CITE\]](#) Good to hear that somehow your place starting to end up the lockdowns. Have you had the vaccine already bro?

No I have not but opportunity is opening near me, my stepfather has received his vaccine.

Rev - April 9, 2021, 10:19 pm

Chill, continue to better my services, smoke. The usual

Connected - April 9, 2021, 10:21 pm

(Apr 9, 2021 10:19 PM)mfw Wrote: [\[CITE\]](#) Chill, continue to better my services, smoke. The usual
Man some good smoke sounds good about now lol

Yanix - April 9, 2021, 10:38 pm

(Apr 9, 2021 10:17 PM)Shoto Todoroki Wrote: [\[CITE\]](#) No I have not but opportunity is opening near me, my stepfather has received his vaccine.

Maybe for me if given a chance I would take it but so far vaccines here in our place is only limited for medical frontliners and some other senior citizens who were the priorities as of now.

Bastille - April 9, 2021, 11:35 pm

Most of the time I run some VMs on my laptop in my bed and learn new things, I'm currently trying to build a Gentoo distro, then I'll probably move to LFS (Linux From Scratch) when I'll be done with the first.

Otherwise if I'm tired I watch series (South Park currently)

Vegas - April 9, 2021, 11:47 pm

Sometimes I like to put on a guided meditation / sleep talkdown on Youtube. Jason Stephenson makes some great ones.

It's a lot of factors though - watching/listening to engaging stuff on a screen is pretty detrimental to the process of getting appropriately tired at the end of the day, particularly if you haven't expelled much energy that day, be it physical, mental or both.

The talkdown videos are nice because you can just put the phone down a bit far from you so it's not bright or loud, and all they talk about is relaxing and keeping your attention on like tranquil serene shit and your breathing. Definitely helps me out.

SIM-4967151 - April 9, 2021, 11:51 pm

Smoking bud, browsing forums and YouTube for me.

Linux X - April 10, 2021, 3:11 am

(Apr 7, 2021 10:30 PM)Prison Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

Playing shitty games on phone or browsing in Instagram ... ?

agent - April 10, 2021, 6:57 am

(Apr 10, 2021 03:11 AM)CODE RED Wrote: [\[CITE\]](#) Playing shitty games on phone or browsing in Instagram ... ?

Find myself doing this one most of the time !

Liam - April 10, 2021, 7:10 am

Movie which I fall asleep half way through, or game until the early AM and sleep the day away

jecoylecocy - April 10, 2021, 7:21 am

I play mobile games when I can't sleep.

MarvinMalware - April 10, 2021, 8:58 am

(Apr 9, 2021 10:38 PM)Yanix Wrote: [\[CITE\]](#) Maybe for me if given a chance I would take it but so far vaccines here in our place is only limited for medical frontliners and some other senior citizens who were the priorities as of now.

Yeah we've just recently started vaccinating average citizens, prioritizing those who work and such. But at this point most people can begin scheduling their appointment to get theirs.

Grim - April 10, 2021, 12:22 pm

(Apr 10, 2021 07:21 AM)jecoylecocy Wrote: [\[CITE\]](#) I play mobile games when I can't sleep.
lol that usually makes me stay up way later ?

peldon - April 10, 2021, 12:37 pm

I think of all the various way to kill neighbour's dog in atrocious suffering...
Or i'm looking for a hacker to help me...

Beherit - April 10, 2021, 8:25 pm

1. Netflix and chill []
2. Funimation & Penetration [X]

Yanix - April 10, 2021, 8:29 pm

(Apr 10, 2021 08:58 AM)Shoto Todoroki Wrote: [\[CITE\]](#) Yeah we've just recently started vaccinating average citizens, prioritizing those who work and such. But at this point most people can begin scheduling their appointment to get theirs.

Good luck brother hoping you guys will finally got back to normal life and hoping the whole world will see the pandemic ends.

Bluffer - April 10, 2021, 10:05 pm

At night time if I can't sleep will throw something on Netflix like The Office or HIMYM.

In the morning if I wake up hours before I was supposed to and can't get back to sleep will sometimes just jerk off and it puts me right back to sleep.

agent - April 12, 2021, 5:51 pm

(Apr 10, 2021 10:05 PM)Bluffer Wrote: [\[CITE\]](#) At night time if I can't sleep will throw something on Netflix like The Office or HIMYM.

In the morning if I wake up hours before I was supposed to and can't get back to sleep will sometimes just jerk off and it puts me right back to sleep.
sounds like some good techniques

agent - April 17, 2021, 5:57 pm

- (Apr 10, 2021 08:25 PM)Beherit Wrote: [\[CITE\]](#)
1. Netflix and chill []
 2. Funimation & Penetration [X]

netflix and chill the classic ?

ghostboy - April 18, 2021, 10:32 am

(Apr 10, 2021 10:05 PM)Bluffer Wrote: [\[CITE\]](#) At night time if I can't sleep will throw something on Netflix like The Office or HIMYM.

In the morning if I wake up hours before I was supposed to and can't get back to sleep will sometimes just jerk off and it puts me right back to sleep.

the office is a good show to put on that chills me out at night time. sucks it isnt on netflix anymore

agent - April 18, 2021, 11:07 am

(Apr 18, 2021 10:32 AM)triple6 Wrote: [\[CITE\]](#) the office is a good show to put on that chills me out at night time. sucks it isnt on netflix anymore
since when isnt the office on netflix ?

in Canada it is still

ghostboy - April 18, 2021, 11:09 am

(Apr 18, 2021 11:07 AM)Prison Wrote: [\[CITE\]](#) since when isnt the office on netflix ?

in Canada it is still

For the US it isnt. we can only get it on peacock

agent - April 18, 2021, 11:10 am

(Apr 18, 2021 11:09 AM)triple6 Wrote: [\[CITE\]](#) For the US it isnt. we can only get it on peacock that's brutal ! hope they bring it back for you guys

ghostboy - April 18, 2021, 11:12 am

(Apr 18, 2021 11:10 AM)Prison Wrote: [\[CITE\]](#) that's brutal ! hope they bring it back for you guys
not too bad to be honest because my xfinity comes with free premium peacock lol. so I can still watch it whenever

Bluffer - April 18, 2021, 11:19 am

(Apr 18, 2021 10:32 AM)triple6 Wrote: [\[CITE\]](#) the office is a good show to put on that chills me out at night time. sucks it isnt on netflix anymore

How i met your mother is another good show that is like the office I guess

agent - April 18, 2021, 11:31 am

(Apr 18, 2021 11:12 AM)triple6 Wrote: [\[CITE\]](#) not too bad to be honest because my xfinity comes with free premium peacock lol. so I can still watch it whenever lucky u then !

(Apr 18, 2021 11:19 AM)Bluffer Wrote: [\[CITE\]](#) How i met your mother is another good show that is like the office I guess

this is true

ghostboy - April 18, 2021, 11:33 am

(Apr 18, 2021 11:19 AM)Bluffer Wrote: [\[CITE\]](#) How i met your mother is another good show that is like the office I guess

yeah I like that show a lot too, mainly because of neil patrick harris though lmao

Psilocybinaut - April 18, 2021, 11:49 am

I smoke and watch a streaming service. Usually end up watching The Office it puts me in a good

mood to sleep

agent - April 18, 2021, 3:50 pm

(Apr 18, 2021 11:49 AM)Psilocybinaut Wrote: [\[CITE\]](#) I smoke and watch a streaming service. Usually end up watching The Office it puts me in a good mood to sleep seems like everyone's about the office to sleep!

(Apr 9, 2021 08:37 PM)de_g3ntl3m4n Wrote: [\[CITE\]](#) I feel you bro man, to be honest try to code or reflex on my problems, I would say maybe listen to some music, or get very very tired and don't sleep or take a nap and just sleep and take a nap at that certain sleep time..
man coding when im tired is asking for errors lmfao

ssxxl - April 19, 2021, 12:21 am

I usually watch youtube or some movie.

ScorpionX - April 19, 2021, 12:23 am

(Apr 7, 2021 10:38 PM)OBAMASELF Wrote: [\[CITE\]](#) I just wank and fell asleep

P.s Doing it for the past decade and every-time it works especially when I can't sleep
Sounds interesting but this may work.

Yanix - April 19, 2021, 1:33 am

Lately it's been hard to sleep at night...my mind keeps on functioning and it make me hard to get a deep sleep.

I tried watching movies as I am doing it every night before sleeping but lately it's pretty weird.

Tor - April 19, 2021, 3:44 am

(Apr 7, 2021 10:30 PM)Prison Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't
the next day.

Any Recommendations

I code.

protege - April 19, 2021, 10:10 am

Gotta toke and listen to stuff with my eyes closed until i end up falling asleep

Who Soup - April 20, 2021, 1:20 am

Normally browse youtube for something boring like yale lectures

Xen - April 20, 2021, 2:08 am

My girlfriend can just fall asleep whenever I struggle. Lately, I just lay there and eventually fall asleep lol but sometimes it gets to a point where I just sit on my phone.

Alex J - April 20, 2021, 9:38 am

I watch a movie or some ytb videos and I fall asleep with that

agent - April 20, 2021, 8:17 pm

(Apr 20, 2021 09:38 AM)Alex J Wrote: [\[CITE\]](#) I watch a movie or some ytb videos and I fall asleep with that

Great ideas bro ! YouTube works its great go from watching how to install turbos to operating on a guys heart lmfao

sweatpants - April 21, 2021, 3:07 am

Usually just watch YouTube or Netflix for the remainder before I attempt to fall asleep again. Always put on a good show before trying to sleep, helps me relax, sitting on discord is also a favorite past-time

b?xxy - April 22, 2021, 10:56 am

Definitely watching some YouTube videos until I can finally fall asleep.

agent - April 22, 2021, 7:04 pm

(Apr 22, 2021 10:56 AM)b?xxy Wrote: [\[CITE\]](#) Definitely watching some YouTube videos until I can finally fall asleep. This one seems common for most of us on here !

double chocolate muffin - April 22, 2021, 10:44 pm

Masturbate furiously until i cant breath then pass out. Sleep is great.

soulm8 - April 22, 2021, 10:47 pm

play some aura cleaning music and just close eyes, you must fall asleep at some point :)

The Pact - April 23, 2021, 1:16 am

I have to take a sleeping pill. Every time I try to quit I will literally be awake for 35 hours or more before I give up and take one again. Sometimes my sleeping pill doesn't work and I still do that like the day before yesterday. ?

Prior to that I would just surf the internet endlessly.

b?xxy - April 23, 2021, 11:51 am

(Apr 22, 2021 07:04 PM)Prison Wrote: [\[CITE\]](#) This one seems common for most of us on here ! Well, YouTube and Tik Tok for sure. Spent countless amount of time on there.

jfm-8 - April 23, 2021, 11:53 am

(Apr 23, 2021 11:51 AM)b?xxy Wrote: [\[CITE\]](#) Well, YouTube and Tik Tok for sure. Spent countless amount of time on there.

Also Instagram for me honestly, Social media really takes up a lot of time especially during covid

b?xxy - April 23, 2021, 12:03 pm

(Apr 23, 2021 11:53 AM)jfm-8 Wrote: [\[CITE\]](#) Also Instagram for me honestly, Social media really takes up a lot of time especially during covid

It's always best to take a break from social media. It can really strain your mental health.

HaileyJOKER - April 23, 2021, 12:55 pm

I try to read my textbooks and its so boring that I fell a sleeep instantly

Regulus - April 25, 2021, 4:47 am

I usually play some CoD: Mobile and have a beer or smoke some weed and watch a movie.

LeetSpeed - April 25, 2021, 12:56 pm

I smoke a huge cannon of indicia that puts me right to sleep.

Alex J - April 25, 2021, 3:17 pm

(Apr 25, 2021 12:56 PM)LeetSpeed Wrote: [\[CITE\]](#) I smoke a huge cannon of indicia that puts me right to sleep.

indicia!! what do you mean by that?

Forensic - April 25, 2021, 3:19 pm

Get a consistent sleep pattern to avoid such problems. I could never sit in bed trying to sleep that sounds like hell.

LeetSpeed - April 25, 2021, 7:48 pm

(Apr 25, 2021 03:17 PM)Alex J Wrote: [\[CITE\]](#) indicia!! what do you mean by that?

oppss added an extra i in there!

You know that good ol subway scientist.

Bankrupt - April 25, 2021, 8:02 pm

Definitely videogames, watching youtube aswell, and of course hackforums.

kookur - April 25, 2021, 8:33 pm

Masturbate and you will fall asleep in no time.

A + - April 26, 2021, 1:49 am

Stay up all night and browse the internet because I'm damned sure not sleeping anyway. Plan on staying awake all day getting my stuff done and get tired as hell as soon as the sun comes up.

Yanix - April 26, 2021, 3:04 am

(Apr 25, 2021 08:02 PM)Bankrupt Wrote: [\[CITE\]](#) Definitely videogames, watching youtube aswell, and of course hackforums.

Yeah Hack Forums will never be left out :D

Hamware - April 26, 2021, 4:13 am

A couple of hours before you want to sleep, dim all of your lights or even completely shut them off. Stay away from blue light - instead turn night shift on all your devices to avoid the blue light. I would then say take L-Theanine (natural amino acid) supplement an hour or two before going to bed. Also just try to be consistent when you sleep, because a lot of people who have trouble sleeping have inconsistent sleeping patterns. The earlier you get light into your eyes during the day, the better as it all affects your circadian clock.

agent - April 27, 2021, 9:53 pm

(Apr 26, 2021 04:13 AM)Hamware Wrote: [\[CITE\]](#) A couple of hours before you want to sleep, dim all of your lights or even completely shut them off. Stay away from blue light - instead turn night shift on all your devices to avoid the blue light. I would then say take L-Theanine (natural amino acid) supplement an hour or two before going to bed. Also just try to be consistent when you sleep, because a lot of people who have trouble sleeping have inconsistent sleeping patterns. The earlier you get light into your eyes during the day, the better as it all affects your circadian clock.

thanks for sharing this im gonna give this a go bro!

agent - May 4, 2021, 8:36 pm

where are my non sleepers at

Gucci - May 5, 2021, 1:27 am

Honestly I literally take like 3-4 dabs and then put on rain sounds, seems to work. If not, I just try to work on a tedious task so I'm not just sitting around. Website edits, content mockups, etc.

I can relate to previous replies about business/family/personal matters. Thats the only time I'm up batshit crazy until 8am. Also the only time I launch a website in 5 hours lol.

WiseMan - May 5, 2021, 2:47 am

I browse threads like these

agent - May 6, 2021, 4:23 pm

(May 5, 2021 02:47 AM)WiseMan Wrote: [\[CITE\]](#) I browse threads like these
HQ Bud :D

Ellis Ben - May 6, 2021, 5:39 pm

When I can't sleep at night, I start dreaming.

Pug Life - May 6, 2021, 6:49 pm

(Apr 7, 2021 11:19 PM)Zero Wrote: [\[CITE\]](#) I can literally fall asleep anywhere in minutes.

I usually like to watch Netflix and fall asleep with that.

Im so jealous, i wonder how it feels to be tired so i just lay down and sleep in a few mins. =(
Many of my friends can do this and i tried all they'r tipps but nothing helps for me.

I suffer from sleep disorder for roughly 10 years now.

Weed has helped me a lot, but as a daily smoker the effects dont stay for long so i have to take breaks from it a lot to take effect again.

I tried almost everything but nothing helps and docs always just want me to take sleeping pills but i hate pharma stuff so i will never do this.

Mostly i stand up after a few hours laying in bed and go back to my pc or chill on my couch and read for 1-2 hours until my body is too tired to stay awake.

Right now its 3:47 in the morning, cant sleep so i im back here....

Trev - May 6, 2021, 9:07 pm

Smoke & game or work on your other goals

horst - May 13, 2021, 10:23 am

I'll play some videos on my phone, that are interesting and slow down my restless brain, but not way too interesting because then I'm curious what will happend next and dont fall asleep.

Doc - May 13, 2021, 2:13 pm

If I can't sleep I usually have to continue doing shit and working on stuff until I wear myself out enough to start feeling tired.

As for getting to sleep, I keep myself awake with my thoughts if I don't have some TV or movie playing in my room in the background. It's really aggravating when you know it's your own mind that's keeping you from falling asleep.

agent - May 13, 2021, 7:23 pm

(May 13, 2021 02:13 PM)The Twelfth Doctor Wrote: [\[CITE\]](#) If I can't sleep I usually have to continue doing shit and working on stuff until I wear myself out enough to start feeling tired.

As for getting to sleep, I keep myself awake with my thoughts if I don't have some TV or movie playing in my room in the background. It's really aggravating when you know it's your own mind

that's keeping you from falling asleep.
this is usually the case for me too..thats hella true ^

blackrose_x0x0 - May 13, 2021, 7:27 pm

Rub one out, scroll reddit, read a book.

Reading before I hit the hay is usually the best thing for me if I can't shut up the racing thoughts in my head. I usually keep a good novel by my bedside. I like reading a lot of fantasy stuff with Knights and Princesses and that kind of stuff. It totally distracts me from whatever is going on in my head and puts me in a better and more calm mood so I can fall asleep better.

ashish2112 - May 13, 2021, 9:48 pm

I just try to sleep and roll on bed here and there while Overthinking shit related to life

metamorphosis - May 14, 2021, 8:38 am

melatonin + some low level lofi does the trick if I really need to sleep.

If I simply can't just resort to alcohol lol

Gramatik - May 14, 2021, 8:55 am

Usually I'm trying to drink some water and then I go back to sleep

agent - May 22, 2021, 8:54 am

(May 14, 2021 08:55 AM)Gramatik Wrote: [\[CITE\]](#) Usually I'm trying to drink some water and then I go back to sleep
never heard this one before how does that work

2xTheTap115 - May 22, 2021, 9:56 am

(Apr 7, 2021 10:30 PM)Prison Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't
the next day.

Any Recommendations

For me, a simple glass of warm milk is the best. I used to smoke a lot of weed before going to sleep too, but unfortunately it didn't help me.

Liam - May 22, 2021, 10:07 am

scalp 5min futures which leads to no sleep xd

DanielZ - May 22, 2021, 10:50 pm

netflix is my best friend for that moments.

The Pact - May 22, 2021, 10:56 pm

Make designs and upload them to print on demand sites while listening to YouTube. Not that I've made any money from it. So far I've made \$4.50 US doing it and I've been doing it since March. ?

Doomslayer - May 22, 2021, 11:02 pm

Drink some tea and take a melatonin. Camomile tea works wonders.

O?eN - May 24, 2021, 10:47 am

(Apr 8, 2021 07:19 AM)Dopamine Wrote: [\[CITE\]](#) I smoke weed then I'm go back to sleep.
Hail Weed ! getting stonned helps in a lot of miscalculative situations.

hari000 - May 25, 2021, 1:55 am

Usually just watch some TV and pass out.

Doritos - May 26, 2021, 12:37 am

I like to bump music until my ears fall off or something like that and maybe crack open a Brew if I have any to passout after

Beherit - May 26, 2021, 6:00 pm

(May 26, 2021 12:37 AM)Doritos Wrote: [\[CITE\]](#) I like to bump music until my ears fall off or something like that and maybe crack open a Brew if I have any to passout after
A brew usually helps me relax, but I just exercise til I'm black and blue. That usually knocks me out.

Doritos - May 27, 2021, 7:04 am

(May 26, 2021 06:00 PM)Beherit Wrote: [\[CITE\]](#) A brew usually helps me relax, but I just exercise til I'm black and blue. That usually knocks me out.

Exercising is actually rilly good for anyone now a days and it does tire you out..
I usually just drink beer until I passout/blackout and wake up in another dimension like "Ah, shit..
here we go again." lol

Beherit - May 27, 2021, 2:26 pm

(May 27, 2021 07:04 AM)Doritos Wrote: [\[CITE\]](#) Exercising is actually rilly good for anyone now a days and it does tire you out..

I usually just drink beer until I passout/blackout and wake up in another dimension like "Ah, shit..
here we go again." lol

Haha, sounds like me from the past. Those days are over!

Carl Elias - May 27, 2021, 2:51 pm

I usually start working on a project. Website, mobile app, coding, etc. However recently I have been working on making simulated databases and ways to structure them. Also I have been working on simulated network set-ups.

The issue with that is, then I get sucked in, and even though I am now tired, I forget what I was doing and next thing I know is it is 7AM.... ????

THISISASCAMMER - May 27, 2021, 3:25 pm

Usually when I can't sleep I watch netflix and chill a few hours.

Yanix - May 27, 2021, 5:16 pm

For me the best thing to do is watching movies when I can't really sleep at night :D

Cooligan - May 27, 2021, 5:29 pm

> Post on HF

> Discord

> Tynychat

> Watch YouTube / Netflix / etc..

> Sometimes will get things I need to get done early if I'm feeling that "productive-sleepy" type of

can't sleep lol

rohini - May 27, 2021, 6:33 pm

I smoke weed then I'm go back to sleep.

In?sane? - May 28, 2021, 5:27 am

Reading a book in bed usually gets me, if that doesn't work I spend the time working.

Lilith - May 28, 2021, 7:45 am

Read, binge watch whatever my flavor of the month type of content is at that moment, relentlessly dig into surface level information about whatever subject I'm hung up on at that time, complain to people who have successfully fallen asleep that I cannot sleep to save my life. Well, it seems I'm also back to posting on HF.

airincro - May 28, 2021, 10:32 am

Youtube surfing mostly, until the eyes unconsciously close shut

awdle - May 28, 2021, 1:21 pm

Certain YouTubers' videos can help me fall asleep. If I'm still having trouble then I usually get up and try to burn some energy in whatever way I can.

Meduza - May 28, 2021, 5:54 pm

I like listening to podcasts, works pretty well!

Laylo - May 29, 2021, 7:19 am

Music or TV Shows if I want to procrastinate.

[\$(5)\$] - May 29, 2021, 8:40 am

(Apr 7, 2021 10:30 PM)Prison Wrote: [\[CITE\]](#) [align=center][i]What do you do late at night when you cant sleep?

I watch/do something relaxing, or rather boring. Continuing to stimulate your mind won't help in anyway when it comes to wanting to fall asleep, not that I have this issue often.

Although screen time will only inhibit your ability to fall asleep, so I would recommend turning off all the screens when it gets closer to when you want to sleep.

agent - July 2, 2021, 5:39 pm

(May 28, 2021 05:54 PM)Meduza Wrote: [\[CITE\]](#) I like listening to podcasts, works pretty well!

That seems to be a thing people have been doing lately I've tried it a few times did work eventually got me to bed

Cap - July 2, 2021, 5:54 pm

Honestly I scroll through HF or watch Netflix/Hulu.

neightworks. - July 2, 2021, 6:06 pm

(May 27, 2021 05:29 PM)Cooligan Wrote: [\[CITE\]](#) > Post on HF

> Discord

> Tynychat

> Watch YouTube / Netflix / etc..

> Sometimes will get things I need to get done early if I'm feeling that "productive-sleepy" type of can't sleep lol

Tynychat still exists? I used to run the largest server back in like 2012-14.

Doc - July 2, 2021, 6:14 pm

I tend to stay awake and do stuff like coding until I'm tired, but overall usually I try to just wear myself out ahead of time throughout the day, makes it a lot easier to fall asleep when you're actually exhausted.

Cooligan - July 3, 2021, 12:06 am

(Jul 2, 2021 06:06 PM)neightworks. Wrote: [\[CITE\]](#) Tinychat still exists? I used to run the largest server back in like 2012-14.

Yeah it does believe it or not lol.

What was the name of your room man?

neightworks. - July 3, 2021, 12:12 am

(Jul 3, 2021 12:06 AM)Cooligan Wrote: [\[CITE\]](#) Yeah it does believe it or not lol.

What was the name of your room man?

Icelikegirlss

It was so popular I had kids at school find me and even had people on random forums go "are you that guy?"

Dude you could write a book on it, I'm 99.5% sure Vinnie is the reason we got shut down, towards the end there was a lot of drama with hackers and I'm pretty sure my buddy at the time "ice" got ratted and black mailed by him.

I haven't in a few years, but I would always try to go back and find old friends but I never could. If you were active in that scene in genuinely looking for someone named "annabbabee" or something very similar I can never remember which letters she exaggerated.

Cooligan - July 3, 2021, 12:15 am

(Jul 3, 2021 12:12 AM)neightworks. Wrote: [\[CITE\]](#) Icelikegirlss

It was so popular I had kids at school find me and even had people on random forums go "are you that guy?"

Dude you could write a book on it, I'm 99.5% sure Vinnie is the reason we got shut down, towards the end there was a lot of drama with hackers and I'm pretty sure my buddy at the time "ice" got ratted and black mailed by him.

If you were around back during that time I'm assuming you know quite a few others who were on TC running a muck practically everywhere they went lol.

Crazy part is a lot of those "hackers" from years ago are still on the site today and have finally admitted they were never anything more than script kiddies with angsty teenage anger issues Imfao. You should hear some of the bullshit I'll hear these dudes say after they went years of leaking girls nudes, botting rooms so no one can join, doxing people left and right, etc etc etc..., say that "oh I'm reformed now I don't do any of that shit anymore" when in reality they still would and do.

Do you remember The Lounge lol?

neightworks. - July 3, 2021, 12:20 am

(Jul 3, 2021 12:15 AM)Cooligan Wrote: [\[CITE\]](#) If you were around back during that time I'm assuming you know quite a few others who were on TC running a muck practically everywhere they went lol.

Crazy part is a lot of those "hackers" from years ago are still on the site today and have finally admitted they were never anything more than script kiddies with angsty teenage anger issues lmfao. You should hear some of the bullshit I'll hear these dudes say after they went years of leaking girls nudes, botting rooms so no one can join, doxing people left and right, etc etc etc..., say that "oh I'm reformed now I don't do any of that shit anymore" when in reality they still would and do.

Do you remember The Lounge lol?

Yeah the Lounge was back around that time, if I remember right it died around the time Tea Time got big, but the only real competition we ever had was TeenChats.

Oh and yeah I know now they were just skids, but 2014 and being still a teenager it's pretty easy to get ratted or worse. I'm just super lucky I never got targeted because I wasn't the actual owner of the server and a lot of the girls were close friends with me. (I still keep in touch with a few)

30y old boomer - July 3, 2021, 1:31 am

keep turning over and moving, or panic about how im missing sleep. fun times

S2K - July 3, 2021, 6:01 am

As I mentioned in another thread already listening an audiobook helps me a lot, if the story is good even better. I'm listening the Harry Potter series for the second time already.

Also some yoghurt helps too, I eat some and sleep in peace

OxygenSwipes - July 4, 2021, 9:22 am

i learnt this teqniue from an ali abdaal video in which you slowly complete relax your muscles in your face, then your arm and fingers, then your legs and you should be asleep by the time your done

neightworks. - July 4, 2021, 9:33 am

I do that one 30 second stress reliever.

Pikzul - July 4, 2021, 9:35 am

Watch youtube until I pass out. Works everytime

agent - September 16, 2021, 11:15 pm

(Jul 4, 2021 09:35 AM)Pikzul Wrote: [\[CITE\]](#) Watch youtube until I pass out. Works everytime
What do you watch on there?

BiggerBetterz - September 16, 2021, 11:50 pm

Straight up Youtube, porn snapchat.

Jack the stripper - September 17, 2021, 4:04 am

Read several answers(not all), a lot of drugs, a lot of media, a lot of alcohol, i cant believe that no one uses the most effective, natural and classic method to fall a sleep, the good old wank, jerk off or in technical words, masturbation. Works a charm for me.

agent - September 18, 2021, 3:13 pm

(Apr 8, 2021 01:38 PM)Andrew Wrote: [\[CITE\]](#) I wish I could just do that man! I guess my melatonin is like fugged I cant fall asleep just like you do
Maybe try another melatonin ?

1337ekip667 - September 18, 2021, 3:17 pm

I honestly get high, I probably shouldn't but I do.

Vitani's Mate - September 18, 2021, 10:26 pm

Usually go on my phone or outside for a cigarette. lol

grainy - September 19, 2021, 2:15 am

Just watch random shit on youtube till I fall asleep

Cyam - September 19, 2021, 4:26 am

Had the same problem, but for me, it turned into a fucking sleeping anxiety. I was literally afraid of going to sleep, as dumb as it sounds.

When I was struggling with that, I did some stuff that helped.

First of all, I always went to bed and woke up at the same time. It was 3AM-11AM sleeping schedule and I still follow it up to this day.

Second of all, I was drinking some good-night tea before bed. Not sure if it helped me, but at least it helped my mind.

Third, I never took a nap no matter how sleepy I was during the day and I didn't drink coffee/sweets/coke after 6PM.

Nowadays, I don't have it anymore. I literally laugh at myself for ever being afraid of sleeping. Hope it helps a bit

agent - September 19, 2021, 7:56 am

(Sep 18, 2021 03:17 PM)1337ekip667 Wrote: [\[CITE\]](#) I honestly get high, I probably shouldn't but I do. Getting high when u cannot sleep is ideal i think bro don't stress

1337ekip667 - September 19, 2021, 9:39 am

(Sep 19, 2021 07:56 AM)Psychologist Wrote: [\[CITE\]](#) Getting high when u cannot sleep is ideal i think bro don't stress

relying on it isn't good tho - I've been getting high for years and from time to time I feel like there could be better alternatives. considering I'm taking thc as edibles, maybe I should take cbd which has less bad impacts on my health

but anyways the fact that I get high without having to smoke is already a good thing imo - but should always seek for better!

Black Whale - September 20, 2021, 9:55 am

Wake my girl up for some of her muscle relaxers. They seem to put me to sleep real quick.

gonnalearntoday - September 20, 2021, 12:33 pm

stay on my dam phone, which prob makes it worse lol

Calibur - September 20, 2021, 2:16 pm

Watch some random movies or some dumb cartoons on netflix like larva sharkdog to force myself to sleep. Lol

agent - September 20, 2021, 7:45 pm

(Sep 20, 2021 12:33 PM)gonnalearntoday Wrote: [\[CITE\]](#) stay on my dam phone, which prob makes it worse lol

I do that but sometimes pass out guess depends how im feeling before i lay down

ITMaster - September 22, 2021, 4:22 am

(Apr 7, 2021 10:30 PM)Psychologist Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't the next day.

Any Recommendations

I play video games and sometime work.

Goku - September 22, 2021, 4:27 am

Step 1. Roll a big spliff.

Step 2. Turn on some Claude Debussy. This one is my fav;

https://www.youtube.com/watch?v=CvFH_6DNRCY

Step 3. Fall into the depths of my mind.

Step 4. You'll wake up confused because it hasn't felt like you fell asleep.

Palestine - September 22, 2021, 4:57 am

Smoke mad weed.... literally. It helps every single time. Or i'll start watching some netflix and just end up passing out while watching

Serpent - September 23, 2021, 4:54 am

Smoke some weed usually, but if not, maybe go for a walk. I heard eating romaine lettuce makes you really tired too, but that's kind of weird if you eat a salad before bed lol

Grim - September 23, 2021, 12:05 pm

either go on my phone or sometimes i will take a night walk around my house

royhwhite - September 23, 2021, 5:05 pm

(Apr 7, 2021 10:38 PM)OBAMASELF Wrote: [\[CITE\]](#) I just wank and fell asleep

P.s Doing it for the past decade and every-time it works especially when I can't sleep Can vouch. Method works like a charm.

handres2018 - September 25, 2021, 2:21 pm

When I can't sleep, I honestly just sit there trying to make myself tired. I usually going on my phone or hop on my laptop and try to work

Blockonome - September 25, 2021, 5:37 pm

I smoke a big fat blunt and then I fall asleep again, I sleep like a baby after a good blunt!

agent - September 28, 2021, 3:03 pm

(Sep 25, 2021 05:37 PM)????? Wrote: [\[CITE\]](#) I smoke a big fat blunt and then I fall asleep again, I sleep like a baby after a good blunt!

Make that like x2 blunts for me to be knocked out Imfao sometimes

agent - October 1, 2021, 8:35 pm

(Sep 25, 2021 02:21 PM)handres2018 Wrote: [\[CITE\]](#) When I can't sleep, I honestly just sit there

trying to make myself tired. I usually going on my phone or hop on my laptop and try to work thats a crazy one to do bro lmfao just sit there xD

Blazin - October 1, 2021, 9:06 pm

(Apr 7, 2021 10:30 PM)Psychologist Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't the next day.

Any Recommendations

Best thing you can do? Take a nice shower, and put on something to watch and make the room as dark as possible.

siddy357 - October 1, 2021, 9:08 pm

a hot shower and nice deep breaths helps me at times.

Mullet Muscle - October 1, 2021, 9:16 pm

I refuse to take sleepy pills or any aids because I don't want to feel like I need to rely on something to sleep.

Everybody has trouble sleeping every now and then it's natural. Finding out what works for you is the hard part.

Usually for me its having a fan on me and the room has to be cold.

shakur123 - October 1, 2021, 9:28 pm

Just think about my next day usually helps me to go to sleep right away

******* - October 1, 2021, 9:31 pm

I usually end up forcing myself to sleep at some point by just laying in the dark , it ends up working but it takes a while

siddy357 - October 1, 2021, 9:35 pm

(Oct 1, 2021 09:16 PM)Mullet Muscle Wrote: [\[CITE\]](#) I refuse to take sleepy pills or any aids because I don't want to feel like I need to rely on something to sleep.

Everybody has trouble sleeping every now and then it's natural. Finding out what works for you is the hard part.

Usually for me its having a fan on me and the room has to be cold.

they screw up the system.

Mullet Muscle - October 1, 2021, 9:39 pm

(Oct 1, 2021 09:35 PM)siddy357 Wrote: [\[CITE\]](#) they screw up the system.

Yeah I know people that cant even sleep without them.

siddy357 - October 1, 2021, 9:41 pm

(Oct 1, 2021 09:39 PM)Mullet Muscle Wrote: [\[CITE\]](#) Yeah I know people that cant even sleep without them.

i do see people who can't live without them. but not a great way to sleep need to address the problems rather than some medications.

Mullet Muscle - October 1, 2021, 9:41 pm

(Oct 1, 2021 09:41 PM)siddy357 Wrote: [\[CITE\]](#) i do see people who can't live without them. but not a great way to sleep need to address the problems rather than some medications.
Yep, exactly.

siddy357 - October 1, 2021, 9:42 pm

(Oct 1, 2021 09:41 PM)Mullet Muscle Wrote: [\[CITE\]](#) Yep, exactly.
and they forget that they are giving up the control like the meth addicts to the sleep medication.

Steve - October 1, 2021, 9:54 pm

The brain is highly associative so if you lay in bed awake it could negatively affect your ability to fall asleep. Advice I've heard is to move to another room and then go back later to try to fall asleep.

Also turning down lights an hour or two before you're ready to go to sleep helps set the mood, and if you can remove blue light time (screens) at least an hour before you fall asleep that should help a lot.

I bought some blue light glasses when I got a job in tech. I'm not sure if they do anything but I think it might help. A lot of people in tech experience headaches and trouble sleeping because of blue light.

As for wanking that can help, but I'd argue that doing that less is better in general (topic for another thread) and that you probably would want to avoid building that association.

Envy - October 1, 2021, 9:55 pm

I tend to usually wind down with some music and big joints, smoke till I'm tired then try and pass out, insomnia.

Nate - October 1, 2021, 10:40 pm

Take some bong rips, and usually watch some type of documnetary on my phone and leave it playing

Chrisy - October 2, 2021, 2:26 am

Stick candles on and put a movie on quietly, fall asleep in 0.5 seconds

Vitani's Mate - October 2, 2021, 2:26 am

Usually I just lay there doing nothing at all.
Or I can just beat my meat violently.

Dopamine - October 2, 2021, 3:22 am

(Oct 2, 2021 02:26 AM)Vitani's Mate Wrote: [\[CITE\]](#) Usually I just lay there doing nothing at all.
Or I can just beat my meat violently.
Don't be so bad with your meat, you only have one.

Matt Bomer™ - October 2, 2021, 3:50 am

I watch facebook videos or Porn, or reddit.

Kaiba Corp - October 2, 2021, 3:52 am

I just put on audio books or creepy pastas or real unsolved cases on YouTube lower the brightness to minimum and close my eyes.

It stil takes ages but it does help.

Blogger - October 2, 2021, 8:54 pm

I lay down and watch Tiktok until it knocks me out. It eventually works.

Dopamine - October 2, 2021, 8:55 pm

(Oct 2, 2021 08:54 PM)Blogger Wrote: [\[CITE\]](#) I lay down and watch Tiktok until it knocks me out. It eventually works.

TikTok? I didn't thought you was that kind of person, Blogger.

Blogger - October 2, 2021, 8:58 pm

(Oct 2, 2021 08:55 PM)Dopamine Wrote: [\[CITE\]](#) TikTok? I didn't thought you was that kind of person, Blogger.

I wasn't, but that app has so much useful shit on it. I learned how to make a bunch of things on there, got a lot of good music off of it and there are a lot of funny videos, too. It's an amped up Youtube and I love it.

Snowwy - October 2, 2021, 9:15 pm

I just get stuck on my phone until I can't keep my eyes open.

Dopamine - October 2, 2021, 9:19 pm

(Oct 2, 2021 09:15 PM)Snowwy Wrote: [\[CITE\]](#) I just get stuck on my phone until I can't keep my eyes open.

Everything is better with weed. You should try. Go get some dank ass Indica and good night kind sir.

Snowwy - October 2, 2021, 9:19 pm

(Oct 2, 2021 09:19 PM)Dopamine Wrote: [\[CITE\]](#) Everything is better with weed. You should try. Go get some dank ass Indica and good night kind sir.

Always been interested to try it for a multitude of reasons.

Dopamine - October 2, 2021, 9:20 pm

(Oct 2, 2021 09:19 PM)Snowwy Wrote: [\[CITE\]](#) Always been interested to try it for a multitude of reasons.

Don't wait anymore, life is short.

Snowwy - October 2, 2021, 9:21 pm

(Oct 2, 2021 09:20 PM)Dopamine Wrote: [\[CITE\]](#) Don't wait anymore, life is short.

Unfortunately, there are a few things I need to factor in.

The - October 2, 2021, 9:21 pm

I lay in bed — staring at the ceiling — while a half-audible documentary is playing on my phone next to my pillow.

Then I suddenly wake up 2 hours later again.

Yanix - October 2, 2021, 9:22 pm

(Oct 2, 2021 03:50 AM)Matt Bomer™ Wrote: [\[CITE\]](#) I watch facebook videos or Porn, or reddit.

That porn videos won't make you sleep all night bro ?

RTKN - October 2, 2021, 9:25 pm

eat , movie many more , then fall as sleep after i eat or while watching movie

Grammar Rays - October 3, 2021, 2:06 am

Unfortunately I scroll my phone.

Although I do enable the "night mode" or whatever to try and stop the light keeping me awake. But I know it's not good for me.

Warrant - October 3, 2021, 2:56 am

I like to take CBD oil to calm down

Bankrupt - October 3, 2021, 10:48 am

Sometimes its brutal, rolling around for hours before falling asleep

Grammar Rays - October 3, 2021, 12:49 pm

(Oct 3, 2021 02:56 AM)Warrant Wrote: [\[CITE\]](#) I like to take CBD oil to calm down
How do you consume it? Smoke or how?

Dripstur - October 3, 2021, 12:50 pm

If I can't sleep I usually just turn on some YouTube or start an episode of a show. Then I get lost in the YouTube and boom sleep schedule ruined

Kaiba Corp - October 3, 2021, 1:00 pm

(Oct 3, 2021 12:49 PM)Grammar Rays Wrote: [\[CITE\]](#) How do you consume it? Smoke or how?
There's also cbd vaping liquids, Stil have to try them.

Grammar Rays - October 3, 2021, 1:00 pm

(Oct 3, 2021 01:00 PM)Kaiba Corp Wrote: [\[CITE\]](#) There's also cbd vaping liquids, Stil have to try them.

I'm not sure where to get a hold of CBD in the UK.
Ironically weed is easier to get a hold of. ?

Kaiba Corp - October 3, 2021, 1:03 pm

(Oct 3, 2021 01:00 PM)Grammar Rays Wrote: [\[CITE\]](#) I'm not sure where to get a hold of CBD in the UK.

Ironically weed is easier to get a hold of. ?

That is ironic indeed, I'm sure something like Holland & Barret may have it in oil form or roll on

Grammar Rays - October 3, 2021, 1:05 pm

(Oct 3, 2021 01:03 PM)Kaiba Corp Wrote: [\[CITE\]](#) That is ironic indeed, I'm sure something like Holland & Barret may have it in oil form or roll on
Is it legal though? Surely H&B can't sell it?

Cyam - October 3, 2021, 1:06 pm

(Oct 3, 2021 12:46 PM)xadamxk Wrote: [\[CITE\]](#) YouTube. I don't ever watch TV or Netflix and I make up for watching various tech or documentaries on YT.

This.

Movies can actually be interested and make you watch them and not sleep again.

YouTube always makes me sleep

Kaiba Corp - October 3, 2021, 1:08 pm

(Oct 3, 2021 01:05 PM)Grammar Rays Wrote: [\[CITE\]](#) Is it legal though? Surely H&B can't sell it?
Thank me later if it works

[H&B CBD Oil](#)

Grammar Rays - October 3, 2021, 1:10 pm

(Oct 3, 2021 01:08 PM)Kaiba Corp Wrote: [\[CITE\]](#) Thank me later if it works

[H&B CBD Oil](#)

I don't believe it. I thought CBD was illegal?

Kaiba Corp - October 3, 2021, 1:12 pm

(Oct 3, 2021 01:10 PM)Grammar Rays Wrote: [\[CITE\]](#) I don't believe it. I thought CBD was illegal?

Apparently its legal Aslong as it contains max 0. 02 per pill or certain amount of liquid I believe every 10 ml. Good stress relief IMO I've tried the cigarettes way back and some droplets

Grammar Rays - October 3, 2021, 1:13 pm

(Oct 3, 2021 01:12 PM)Kaiba Corp Wrote: [\[CITE\]](#) Apparently its legal Aslong as it contains max 0. 02 per pill or certain amount of liquid I believe every 10 ml. Good stress relief IMO I've tried the cigarettes way back and some droplets

Does taking it in that dosage still help you out? Or did you get higher dosage via other means?

Grim - October 3, 2021, 1:13 pm

(Oct 3, 2021 01:12 PM)Kaiba Corp Wrote: [\[CITE\]](#) Apparently its legal Aslong as it contains max 0. 02 per pill or certain amount of liquid I believe every 10 ml. Good stress relief IMO I've tried the cigarettes way back and some droplets

depends on where you live to as the laws are different

grainy - October 3, 2021, 1:14 pm

(Oct 3, 2021 01:06 PM)Cyam Wrote: [\[CITE\]](#) This.

Movies can actually be interested and make you watch them and not sleep again.

YouTube always makes me sleep

why you posting still didnt you get the award

Kaiba Corp - October 3, 2021, 1:16 pm

(Oct 3, 2021 01:13 PM)Grammar Rays Wrote: [\[CITE\]](#) Does taking it in that dosage still help you out? Or did you get higher dosage via other means?

Didn't tamper because its mixed anyway, the droplets had CBD but also a plethora of calming herbs alongside like Valerian and Chamomile

Extremely effective.

The cigs I did tamper with for higher dosage

Cyam - October 3, 2021, 1:23 pm

(Oct 3, 2021 01:14 PM)grainy Wrote: [\[CITE\]](#) why you posting still didnt you get the award

Please refrain from quoting me mister grainy ?

Prettykitty - October 3, 2021, 2:17 pm

I hardly ever have trouble falling asleep, if I do I just stay in bed and keep attempting to. I think getting up and walking around, then going back later helps too.

Mullet Muscle - October 3, 2021, 2:19 pm

(Oct 3, 2021 02:17 PM)Prettykitty Wrote: [\[CITE\]](#) I hardly ever have trouble falling asleep, if I do I just stay in bed and keep attempting to. I think getting up and walking around, then going back later helps too.

Same tbh I feel like everybody has routines yet I'm over just staying in bed if I cant lol

Sick - October 3, 2021, 2:29 pm

I don't normally have a problem sometimes as soon as my head hits the pillow i'm out
But if i have something on my mind it can take a while longer i just toss and turn and finally i will pass out

xPower - October 3, 2021, 2:45 pm

I usually like to run around and do some pushups to get myself tired. Usually that does the trick for me.

Sick - October 3, 2021, 2:47 pm

(Oct 3, 2021 02:45 PM)wPower Wrote: [\[CITE\]](#) I usually like to run around and do some pushups to get myself tired. Usually that does the trick for me.

Oh i wouldn't do that it would make me more awake lol . As i say normally i have no problems but there is nights i do struggle my brain starts thinking of stupid things

xPower - October 3, 2021, 2:48 pm

(Oct 3, 2021 02:47 PM)Sick Wrote: [\[CITE\]](#) Oh i wouldn't do that it would make me more awake lol . As i say normally i have no problems but there is nights i do struggle my brain starts thinking of stupid things

Yeah unfortunately those nights come around every now and then for everyone. At least for me the running and just blanking my mind helps.

Sick - October 3, 2021, 2:49 pm

(Oct 3, 2021 02:48 PM)wPower Wrote: [\[CITE\]](#) Yeah unfortunately those nights come around every now and then for everyone. At least for me the running and just blanking my mind helps.

There's nothing worse when you go to bed and you just can't sleep you toss and turn and try another position then finally you can get to sleep

Grim - October 3, 2021, 2:49 pm

if no one has said jerk off yet they are lying

xPower - October 3, 2021, 2:56 pm

(Oct 3, 2021 02:49 PM)Sick Wrote: [\[CITE\]](#) There's nothing worse when you go to bed and you just can't sleep you toss and turn and try another position then finally you can get to sleep

Yeah I remember it sometimes used to take me 40 mins to fall asleep but that's rare now.

Sick - October 3, 2021, 3:01 pm

(Oct 3, 2021 02:49 PM)Grim Wrote: [\[CITE\]](#) if no one has said jerk off yet they are lying

Well you know something sometimes i do log into X videos and crack one off and i have a lovely sleep lol ???

Grim - October 3, 2021, 3:05 pm

(Oct 3, 2021 03:01 PM)Sick Wrote: [\[CITE\]](#) Well you know something sometimes i do log into X videos and crack one off and i have a lovely sleep lol ???

fu/kin for real bro if they dont they lyin

Sick - October 3, 2021, 3:08 pm

(Oct 3, 2021 03:05 PM)Grim Wrote: [\[CITE\]](#) fu/kin for real bro if they dont they lyin

It does help tho bro i get a lovely sleep . Maybe have to try that later tonight lol ?????

Kaiba Corp - October 4, 2021, 2:46 pm

Tonight I'll be here for a while than go watch YouTube videos till I fall asleep.

xPower - October 4, 2021, 2:49 pm

(Oct 4, 2021 02:46 PM)Kaiba Corp Wrote: [\[CITE\]](#) Tonight I'll be here for a while than go watch YouTube videos till I fall asleep.
Nothing like some youtube videos before falling asleep haha.

Kaiba Corp - October 4, 2021, 2:52 pm

(Oct 4, 2021 02:49 PM)wPower Wrote: [\[CITE\]](#) Nothing like some youtube videos before falling asleep haha.
Indeed especially scary stories! Or true crime cases!
Those are my go to's lately

xPower - October 4, 2021, 2:53 pm

(Oct 4, 2021 02:52 PM)Kaiba Corp Wrote: [\[CITE\]](#) Indeed especially scary stories! Or true crime cases!
Those are my go to's lately
Yeah I love watching crime cases being analyzed on youtube. I believe there is this one psychologist on there that does an excellent job at it.

Kaiba Corp - October 4, 2021, 2:56 pm

(Oct 4, 2021 02:53 PM)wPower Wrote: [\[CITE\]](#) Yeah I love watching crime cases being analyzed on youtube. I believe there is this one psychologist on there that does an excellent job at it.
Oh or I especially love the cases where its the internet that does the detectices job. That's also amazing

lol - October 4, 2021, 3:02 pm

Wank lol not joking and sometimes watch on Netflix and TikTok

Ivex - October 4, 2021, 3:21 pm

Sometimes I can't sleep until like 7/8am and it's awful. The best solution I've found is if it's been more than 30 mins and you can't sleep, stop trying. Do something, accept to yourself it's gonna be a late night and that's okay and then after a while you'll feel like you're about to pass out, then try sleep and it'll probably still be quite a few hours earlier than if you laid there frustrated trying to sleep.

Sky - October 5, 2021, 11:28 am

I try to find things to bore me enough to fall asleep.

In?sane? - October 5, 2021, 12:16 pm

smoking weed watching youtube

agent - October 5, 2021, 7:42 pm

(Oct 5, 2021 12:16 PM)In?sane? Wrote: [\[CITE\]](#) smoking weed watching youtube
Seems to do the trick sometimes no cap! ?

Calibur - October 5, 2021, 8:37 pm

Browse reddit or play games till i tilt. ?

Artisan - October 5, 2021, 10:24 pm

Used to stare at my phone for hours till I started yawning and dozed off. Nowadays I spend little time on the phone, talk to my wife for a bit and then doze off.

agent - October 6, 2021, 6:28 pm

(Oct 5, 2021 08:37 PM)Calibur Wrote: [\[CITE\]](#) Browse reddit or play games till i tilt. ?
Gaming till tilt then bed sounds great Imfao cant forget smoke one too

Blazin - October 6, 2021, 6:49 pm

Hot shower, smoke weed, watch something, listen to music, work on projects, Gaming.

Scoppa - October 6, 2021, 6:50 pm

I do the fetus position and then I start crying a lot.

Lyrarei - October 6, 2021, 7:40 pm

I end up watching a ton of random youtube vids, lmao.

Prettykitty - October 6, 2021, 8:12 pm

(Oct 6, 2021 06:50 PM)Scoppa Wrote: [\[CITE\]](#) I do the fetus position and then I start crying a lot. I did a lot of that last year too ? we can be cry buddies.

Yin Yang - October 6, 2021, 8:19 pm

I end up coming on to HF lol

clean - October 6, 2021, 8:22 pm

(Apr 7, 2021 10:30 PM)Psychologist Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't the next day.

Any Recommendations

I surf forums, and look to make extra cash.. Always the move!

BL4CK98 - October 7, 2021, 3:34 am

I listen to like ASMR when i can't fall asleep and usually pass-out before the 10min mark recommend ASMR to you.

Vibe - October 7, 2021, 3:36 am

Have sex or smoke a blunt

agent - October 7, 2021, 2:11 pm

(Oct 7, 2021 03:36 AM)Vibe Wrote: [\[CITE\]](#) Have sex or smoke a blunt This ones a classic go to

Bastille - October 7, 2021, 2:20 pm

To be honest, I often wake up, turn on my PC, and try to increase my skills :

- computing
- security
- hacking

Have never been a waste of time

clean - October 7, 2021, 2:24 pm

(Oct 7, 2021 02:22 PM)Incog Wrote: [\[CITE\]](#) Normally watch netflix, or just make up situations in my

head till I get mentally tired then I drop.

P simple way to do it, and I get to keep my imagination going
This sounds like schizophrenia. Might try consulting with a Dr. xD

agent - October 7, 2021, 2:24 pm

(Oct 7, 2021 02:24 PM)Dad Wrote: [\[CITE\]](#) This sounds like schizophrenia. Might try consulting with a Dr. xD

Was about to say the same xD

clean - October 7, 2021, 2:25 pm

(Oct 7, 2021 02:24 PM)Psychologist Wrote: [\[CITE\]](#) Was about to say the same xD
Lmfao, sometimes I wonder. I just look out for these folks, they need love too :) xD

clean - October 7, 2021, 2:33 pm

(Oct 7, 2021 02:32 PM)Incog Wrote: [\[CITE\]](#) No just random stuff, like from alien invasions to walking down the street. Random things that I have to use brain power to imagine so I tire myself out.

<https://www.thecut.com/2017/05/8-sleep-experts-on-what-to-do-when-your-mind-is-racing.html>

Promise im not a schizo lol
I see, that's pretty funny bud. Hope you're okay. xD

Blockonome - October 7, 2021, 2:44 pm

I smoke weed and then somehow, magically, I start sleeping.

However, if I really cant sleep, then I know that I have to change something in my life.

Renowned - October 7, 2021, 2:45 pm

Some 4/20 or listen to some music. Anything to reset my mind.

Biggy - October 7, 2021, 6:35 pm

I usually just sit on tik tok or browse social media.

agent - October 7, 2021, 6:48 pm

(Oct 7, 2021 06:35 PM)Biggy Wrote: [\[CITE\]](#) I usually just sit on tik tok or browse social media.
I find myself sometimes on tik tok for hours then i check the time its like 5 am xD

The Pact - October 7, 2021, 6:52 pm

I live 24/7 on the internet.

agent - October 7, 2021, 6:53 pm

(Oct 7, 2021 06:52 PM)The Pact Wrote: [\[CITE\]](#) I live 24/7 on the internet.
Money don't sleep they say! ??

Ebony - October 7, 2021, 7:32 pm

I usually watch netflix or browse facebook.

Proxied - October 7, 2021, 8:22 pm

Smoke weed or play video games till I'm tired.

Prettykitty - October 7, 2021, 9:21 pm

Had a little trouble falling asleep the past two nights, I just stay in bed until I do though. Usually takes 45min to an hour.

HOMODIN - October 7, 2021, 9:26 pm

Youtube (r/) or play some games, that usually gets the job done :D

Dripstur - October 7, 2021, 9:33 pm

Can't sleep right now and I find my self on hf and watching the new episode of The Challenge.

wiz - October 7, 2021, 9:34 pm

(Apr 7, 2021 11:19 PM)Zero Wrote: [\[CITE\]](#) I can literally fall asleep anywhere in minutes. I usually like to watch Netflix and fall asleep with that. I can say the same, probably a minute or less.

The GRim - October 7, 2021, 9:35 pm

Watch something till I eventually fall asleep.

LeetSpeed - October 7, 2021, 11:06 pm

Smoke a huge spliff. It knocks me right out.

Cybernex571 - October 8, 2021, 12:36 am

(Apr 7, 2021 10:30 PM)Psychologist Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't the next day.

Any Recommendations

I play Apex Legends or Call of Duty Warzone ?

device - October 8, 2021, 4:33 pm

I usually get up and do some washing up or cleaning, drink an infusion and try going back to sleep.

agent - October 11, 2021, 10:56 am

(Oct 8, 2021 04:33 PM)device Wrote: [\[CITE\]](#) I usually get up and do some washing up or cleaning, drink an infusion and try going back to sleep. This one sounds tempting to try Imfao thanks

Cap - October 11, 2021, 2:05 pm

Lately I've been just rewatching TV shows that I'm obsessed with. Along with hanging out on HF.

agent - October 12, 2021, 8:01 pm

(Oct 11, 2021 02:05 PM)Cap Wrote: [\[CITE\]](#) Lately I've been just rewatching TV shows that I'm obsessed with. Along with hanging out on HF.I feel like I've re watched everything at this point xD! That's a hard one for me to do

Jinu - October 12, 2021, 8:11 pm

When I can't sleep, my mind traverses the imagination of the American Dream.

Monero-chan - October 12, 2021, 8:52 pm

I either play video games or watch YouTube videos until I get tired enough to go to sleep

Tableshaker - October 12, 2021, 8:54 pm

This is a very good question

oRequiem - October 12, 2021, 9:02 pm

I just close my eyes until I fall asleep, I avoid naps during the day so I don't have as much trouble as I use to.

Lindros - October 12, 2021, 9:25 pm

I usually just listen to podcasts or something.

If I can't sleep. I might as well learn something?

Louis Vuitton - October 12, 2021, 10:49 pm

Ill just play some PC recently New World, or if I need to wake up early and need to be in bed soon but can't sleep a nice double shot of bourbon and a bong rip usually does the trick

agent - October 13, 2021, 3:15 am

(Oct 12, 2021 10:49 PM)theartofbored Wrote: [\[CITE\]](#) Ill just play some PC recently New World, or if I need to wake up early and need to be in bed soon but can't sleep a nice double shot of bourbon and a bong rip usually does the trick

Love the bourbon and bon rip idea Imfao!

Michael - October 13, 2021, 3:58 am

I keep trying until I can sleep.

Doesn't occur that much, but happens sometimes.

siddy357 - October 13, 2021, 4:05 am

i watch something and get my eyes tired and that helps to get back to sleep.

agent - October 13, 2021, 7:17 am

(Oct 13, 2021 04:05 AM)siddy357 Wrote: [\[CITE\]](#) i watch something and get my eyes tired and that helps to get back to sleep.

Pretty common one?

siddy357 - October 13, 2021, 7:29 am

(Oct 13, 2021 07:17 AM)Psychologist Wrote: [\[CITE\]](#) Pretty common one? and a bad one for the eyes in long run.

agent - October 13, 2021, 7:31 am

(Oct 13, 2021 07:29 AM)siddy357 Wrote: [\[CITE\]](#) and a bad one for the eyes in long run. Very true bro ! need them gaming glasses

Koyote - October 13, 2021, 7:34 am

I usually put something on, something boring or very educational so I can drift off and not pay too much attention or get disturbed by action or loud noises. When that doesn't work, I end up just scrolling sites and reading whatever till my eyes close and that's it.

agent - October 13, 2021, 1:54 pm

(Oct 13, 2021 07:34 AM)TheCuriousCoyote Wrote: [\[CITE\]](#) I usually put something on, something boring or very educational so I can drift off and not pay too much attention or get disturbed by action or loud noises. When that doesn't work, I end up just scrolling sites and reading whatever till my eyes close and that's it.

Boring shows sometimes do it sometimes not !

Sigma - October 13, 2021, 2:19 pm

I will usually just watch a youtube video and try and fall asleep.

Beherit - October 13, 2021, 3:44 pm

Nowadays, I'd do something tedious in OSRS and then get sleepy.

Smexy - October 13, 2021, 3:55 pm

Most of the time, I think about all that I'm thankful for and I think about the simple goals I want to achieve in life.

agent - October 13, 2021, 3:59 pm

(Oct 13, 2021 03:44 PM)Beherit Wrote: [\[CITE\]](#) Nowadays, I'd do something tedious in OSRS and then get sleepy.

Never heard that one before Imfao right on !

(Oct 13, 2021 03:55 PM)Smexy Wrote: [\[CITE\]](#) Most of the time, I think about all that I'm thankful for and I think about the simple goals I want to achieve in life.

Motivation to get you to sleep is a good one bro !

device - October 13, 2021, 4:01 pm

A lot of people saying TikTok, I never tried the app. I'm pretty sure it would keep me awake more than anything.

agent - October 13, 2021, 4:02 pm

(Oct 13, 2021 04:01 PM)device Wrote: [\[CITE\]](#) A lot of people saying TikTok, I never tried the app. I'm pretty sure it would keep me awake more than anything.

Do not go on tiktok Imfao i found myself browsing dumb shit for hours Imfao ! But i did eventually get tired from all the dumb shit and passed out.

device - October 13, 2021, 4:03 pm

(Oct 13, 2021 04:02 PM)Psychologist Wrote: [\[CITE\]](#) Do not go on tiktok Imfao i found myself browsing dumb shit for hours Imfao ! But i did eventually get tired from all the dumb shit and passed out.

Yeah, I'm staying away from it ?

agent - October 13, 2021, 4:04 pm

(Oct 13, 2021 04:03 PM)device Wrote: [\[CITE\]](#) Yeah, I'm staying away from it ?
Good call ???

Maxorg - October 13, 2021, 5:33 pm

I study until I am tired. If I don't study, I just watch a few Netflix shows until I fall asleep.

agent - October 13, 2021, 5:40 pm

(Oct 13, 2021 05:33 PM)Maxorg Wrote: [\[CITE\]](#) I study until I am tired. If I don't study, I just watch a few Netflix shows until I fall asleep.

I wish i had things to study for to get tired

Mix - October 13, 2021, 6:00 pm

binge-watch youtube or something on Netflix. It soon will send me to sleep as I go down a whole of boring stuff that makes me sleep.

TB12GOAT - October 13, 2021, 6:04 pm

Watch documentaries on youtube, been into ww2 docs recently.

Maxorg - October 13, 2021, 8:59 pm

(Oct 13, 2021 05:40 PM)Psychologist Wrote: [\[CITE\]](#) I wish i had things to study for to get tired
You can take up a hobby and study that on the side. Coding, Graphics, Music Production, and things along those lines. Even if you want to get into late-night writing.

Koyote - October 14, 2021, 2:25 am

(Oct 13, 2021 01:54 PM)Psychologist Wrote: [\[CITE\]](#) Boring shows sometimes do it sometimes not !
Last night I had a bit of trouble sleeping again so I put an episode of a show on. It finished and I was still awake, so I started it again from the beginning and by about halfway through I started to drift off. I think for me it's about knowing what sounds are coming or are happening, then I can drop off lol.

L1l DuRk - October 14, 2021, 3:16 pm

When I find myself not sleeping at night, I just walk around the house hunting for spiders I hate those creatures.

agent - October 14, 2021, 7:07 pm

(Oct 14, 2021 03:16 PM)Tsu Wrote: [\[CITE\]](#) When I find myself not sleeping at night, I just walk around the house hunting for spiders I hate those creatures.
This one made me laugh ?

(Oct 14, 2021 02:25 AM)TheCuriousCoyote Wrote: [\[CITE\]](#) Last night I had a bit of trouble sleeping again so I put an episode of a show on. It finished and I was still awake, so I started it again from the beginning and by about halfway through I started to drift off. I think for me it's about knowing what sounds are coming or are happening, then I can drop off lol.
damn the same show 2 times lmfao definitely make u pass out i think ima try it tonight

Envy - October 15, 2021, 1:50 pm

I smoke up, keep smoking till I feel tired.

Which almost never happens so I'm usually just smoking for the sake of smoking.

Cyam - October 15, 2021, 2:11 pm

(Oct 13, 2021 04:02 PM)Psychologist Wrote: [\[CITE\]](#) Do not go on tiktok lmfao i found myself browsing dumb shit for hours lmfao ! But i did eventually get tired from all the dumb shit and passed out.

Honestly I think Youtube is the way to go.
I usually just put some videos about space, but if I'm really tired it doesn't really matter what's on the TV playing atm, I will always fall asleep

Dog. - October 15, 2021, 7:13 pm

(Oct 15, 2021 02:11 PM)Cyam Wrote: [\[CITE\]](#) Honestly I think Youtube is the way to go.
I usually just put some videos about space, but if I'm really tired it doesn't really matter what's on the TV playing atm, I will always fall asleep
For going to sleep short videos on TikTok will keep you engaged for too long so you'll end up staying up for way longer than you thought. I put on like a 5-6 minute YouTube video and I'll get

bored enough halfway through to want to turn off the phone.

oRequiem - October 15, 2021, 7:14 pm

(Oct 13, 2021 04:01 PM)device Wrote: [\[CITE\]](#) A lot of people saying TikTok, I never tried the app. I'm pretty sure it would keep me awake more than anything.

It's pretty much a wannabe vine, just more cringe in my personal experience.

You're better off watching youtube videos lol.

Dog. - October 15, 2021, 7:25 pm

(Oct 15, 2021 07:14 PM)oRequiem Wrote: [\[CITE\]](#) It's pretty much a wannabe vine, just more cringe in my personal experience.

You're better off watching youtube videos lol.

Honestly I used to hate on it as well because of how much cringe shit I saw on it. I still don't have one, but there are some seriously funny trends that happen on the app.

Still not used to the robot text-to-speech shit though.

BalloonsAreFun - October 15, 2021, 7:26 pm

I listen to those deep meditation videos on YouTube with the funky backgrounds.

Dog. - October 15, 2021, 7:34 pm

(Oct 15, 2021 07:26 PM)BalloonsAreFun Wrote: [\[CITE\]](#) I listen to those deep meditation videos on YouTube with the funky backgrounds.

You got an example you can link? I'm picturing those alpha wave videos but I could never get into them.

BalloonsAreFun - October 15, 2021, 7:35 pm

(Oct 15, 2021 07:34 PM)Dog. Wrote: [\[CITE\]](#) You got an example you can link? I'm picturing those alpha wave videos but I could never get into them.

<https://www.youtube.com/watch?v=IMgqiA3zKdw>

Dog. - October 15, 2021, 7:37 pm

(Oct 15, 2021 07:35 PM)BalloonsAreFun Wrote: [\[CITE\]](#)

<https://www.youtube.com/watch?v=IMgqiA3zKdw>

Nice... could see myself falling asleep to this.

Can we talk about how fucking wholesome that comment section is though? ?

BalloonsAreFun - October 15, 2021, 7:38 pm

(Oct 15, 2021 07:37 PM)Dog. Wrote: [\[CITE\]](#) Nice... could see myself falling asleep to this.

Can we talk about how fugging wholesome that comment section is though? ?

These videos have the best comment sections on youtube. Even the livestreamed ones just have the best vibes and energy.

It really reminds me of the early days of the internet without trolls and shitty people.

Dog. - October 15, 2021, 7:42 pm

(Oct 15, 2021 07:38 PM)BalloonsAreFun Wrote: [\[CITE\]](#) These videos have the best comment sections on youtube. Even the livestreamed ones just have the best vibes and energy.

It really reminds me of the early days of the internet without trolls and shitty people.

Hmm... I don't think I interacted with communities enough to remember those days.

There have always been asshats everywhere but I think that's just life. Personalities clashing, it's all old news.

oRequiem - October 15, 2021, 8:04 pm

(Oct 15, 2021 07:25 PM)Dog. Wrote: [\[CITE\]](#) Honestly I used to hate on it as well because of how much cringe shit I saw on it. I still don't have one, but there are some seriously funny trends that happen on the app.

Still not used to the robot text-to-speech shit though.
Yeah, I'll never get use to that.
That one cringes me off instantly.

Yin Yang - October 15, 2021, 8:09 pm

I watch YouTube videos or Netflix

Beherit - October 15, 2021, 8:11 pm

(Oct 15, 2021 07:37 PM)Dog. Wrote: [\[CITE\]](#) Nice... could see myself falling asleep to this.

Can we talk about how fugging wholesome that comment section is though? ?
Bro, you will always find those comments on most of these frequency therapy videos.

I highly recommend trying different frequencies.

Dripstur - October 15, 2021, 10:39 pm

Usually just get lost in a YouTube loop and mess up my sleep schedule

device - October 16, 2021, 2:38 am

(Oct 15, 2021 07:14 PM)oRequiem Wrote: [\[CITE\]](#) It's pretty much a wannabe vine, just more cringe in my personal experience.

You're better off watching youtube videos lol.
Yeah, that's kind of the idea I have about the app.

Vitani - October 16, 2021, 3:21 am

Good question. I just grab my phone and tire myself out by watching a series. On the other hand, I rarely can't sleep though. I'm usually pretty tired at the end of the day.

SourceCode101 - October 16, 2021, 4:01 am

trying to find new series at this shitty netflix

Baby - October 16, 2021, 4:05 am

Exactly what I'm doing now, browse the web, maybe do some pushups, smoke a bowl. But mostly, game.

agent - October 16, 2021, 4:25 pm

(Oct 16, 2021 04:05 AM)Extension Wrote: [\[CITE\]](#) Exactly what I'm doing now, browse the web, maybe do some pushups, smoke a bowl. But mostly, game.

Working out is a good way to get yourself tired before bed

xPower - October 16, 2021, 5:33 pm

(Oct 16, 2021 04:25 PM)Psychologist Wrote: [\[CITE\]](#) Working out is a good way to get yourself tired before bed

Yeah as mentioned this has personally been the best way for me. Just exhausting myself with

pushups etc.

agent - October 17, 2021, 8:28 am

(Oct 16, 2021 05:33 PM)wPower Wrote: [\[CITE\]](#) Yeah as mentioned this has personally been the best way for me. Just exhausting myself with pushups etc.
Classic way and a good way to get sleepy !?

mavistechdev - October 17, 2021, 12:03 pm

Lmao, this was a hard one but I legit stare at the wall until I fall asleep. Or I will listen to minecraft music LOL.

agent - October 17, 2021, 12:05 pm

(Oct 17, 2021 12:03 PM)mavistechdev Wrote: [\[CITE\]](#) Lmao, this was a hard one but I legit stare at the wall until I fall asleep. Or I will listen to minecraft music LOL.
The roof would be more ideal then the wall ?

mavistechdev - October 17, 2021, 12:07 pm

(Oct 17, 2021 12:05 PM)Psychologist Wrote: [\[CITE\]](#) The roof would be more ideal then the wall ?
I'm sitting up. Kinda like day dreaming but late at night!

Grim - October 17, 2021, 12:09 pm

(Oct 17, 2021 12:07 PM)mavistechdev Wrote: [\[CITE\]](#) I'm sitting up. Kinda like day dreaming but late at night!
done that as well its a strange feeling

Simon77 - October 17, 2021, 12:46 pm

I can literally sleep anytime but yep there are some nights like that, specially in summer. Such times I'd make sure my room is clean and cool, then I wash my feet with cold water lol, it's weird but really helps during summer.

xPower - October 17, 2021, 12:50 pm

(Oct 17, 2021 12:46 PM)Simon77 Wrote: [\[CITE\]](#) I can literally sleep anytime but yep there are some nights like that, specially in summer. Such times I'd make sure my room is clean and cool, then I wash my feet with cold water lol, it's weird but really helps during summer.
Yeah I feel quite fortunate that I can sleep relatively quickly when I want.

Snowwy - October 18, 2021, 3:45 am

(Oct 17, 2021 12:46 PM)Simon77 Wrote: [\[CITE\]](#) I can literally sleep anytime but yep there are some nights like that, specially in summer. Such times I'd make sure my room is clean and cool, then I wash my feet with cold water lol, it's weird but really helps during summer.
Fuck I hate trying to sleep in summer. It is just so uncomfortable - not looking forward to it.

Simon77 - October 18, 2021, 5:58 am

(Oct 18, 2021 03:45 AM)Snowwy Wrote: [\[CITE\]](#) fugg I hate trying to sleep in summer. It is just so uncomfortable - not looking forward to it.
For real that feeling is literally not even describable

grainy - October 18, 2021, 6:22 am

been watching this guy lately before i drift off to sleep
[Video: <https://www.youtube.com/watch?v=kVB20yiNCPE>]

KimJO - October 18, 2021, 6:25 am

Some light snacks. I hate going to bed with my belly full.

Dog. - October 18, 2021, 6:26 am

(Oct 18, 2021 03:45 AM)Snowwy Wrote: [\[CITE\]](#) fugg I hate trying to sleep in summer. It is just so uncomfortable - not looking forward to it.

That sentence confused the hell out of me until I saw your tagline haha. I'm just now easing into fall/winter temps over here.

What temperatures do you guys see over there in Australia during the summer?

Snowwy - October 18, 2021, 6:36 am

(Oct 18, 2021 06:26 AM)Dog. Wrote: [\[CITE\]](#) That sentence confused the hell out of me until I saw your tagline haha. I'm just now easing into fall/winter temps over here.

What temperatures do you guys see over there in Australia during the summer?

Honestly - it varies. I think the hottest weather/day I've been in was around 47 degrees celsius. Maybe just below.

Ivex - October 18, 2021, 7:26 am

Plan world domination and the likes until I eventually fall asleep

agent - October 18, 2021, 1:32 pm

(Oct 18, 2021 07:26 AM)Ivex Wrote: [\[CITE\]](#) Plan world domination and the likes until I eventually fall asleep

Classic one mate ! ?

Blockonome - October 18, 2021, 2:05 pm

I smoke a fat blunt and then I go back to sleep, but usually I fall asleep halfway through the blunt!

Geass - October 18, 2021, 2:10 pm

One option is pills.

If that doesn't help you, you can start exercising your mind to not think before sleeping or maybe try breathing techniques.

agent - October 18, 2021, 6:07 pm

(Oct 18, 2021 02:10 PM)Geass Wrote: [\[CITE\]](#) One option is pills.

If that doesn't help you, you can start exercising your mind to not think before sleeping or maybe try breathing techniques.

breathing techniques. I've never tried this but heard it works great

Nostre - October 18, 2021, 6:21 pm

Sleeping meds help you fall asleep, not stay asleep. No use for them IMO. I watch videos or play mobile games.

agent - October 18, 2021, 7:05 pm

(Oct 18, 2021 06:21 PM)Genuine Wrote: [\[CITE\]](#) Sleeping meds help you fall asleep, not stay asleep. No use for them IMO. I watch videos or play mobile games.

True mobile games wouldn't be to shabby

Maskin - October 18, 2021, 7:45 pm

I watch youtube on my phone with night mode on (the yellow screen setting). Lately, I started listening to audio books and I definitely underestimated them, didn't think I would enjoy them and it also makes me sleepy.

Proof - October 18, 2021, 7:50 pm

Honestly, I end up overthinking something and getting pissed as a result of.

Geass - October 18, 2021, 7:54 pm

(Oct 18, 2021 06:07 PM)Psychologist Wrote: [\[CITE\]](#) breathing techniques. I've never tried this but heard it works great

I never tried myself but as you, I heard from others about it.

SourceCode101 - October 18, 2021, 8:04 pm

(Oct 18, 2021 07:54 PM)Geass Wrote: [\[CITE\]](#) I never tried myself but as you, I heard from others about it.

tell us more about it , thanks

Geass - October 18, 2021, 8:16 pm

(Oct 18, 2021 08:04 PM)SourceCode101 Wrote: [\[CITE\]](#) tell us more about it , thanks
smurf, go build something useful

SourceCode101 - October 18, 2021, 8:17 pm

(Oct 18, 2021 08:16 PM)Geass Wrote: [\[CITE\]](#) smurf, go build something useful
at least i earn something in my life , you live from the rolls
pathetic???

Geass - October 18, 2021, 8:24 pm

(Oct 18, 2021 08:17 PM)SourceCode101 Wrote: [\[CITE\]](#) at least i earn something in my life , you live from the rolls

pathetic???

go sell some feet pics to live

SourceCode101 - October 18, 2021, 8:25 pm

(Oct 18, 2021 08:24 PM)Geass Wrote: [\[CITE\]](#) go sell some feet pics to live
you continue being jealous , even if i had sold feet pics , still i didnt tried to live from rolls...
pathetic???

Geass - October 18, 2021, 8:28 pm

(Oct 18, 2021 08:25 PM)SourceCode101 Wrote: [\[CITE\]](#) you continue being jealous , even if i had sold feet pics , still i didnt tried to live from rolls...

pathetic???

how sad you act because of your bad luck at gambling :(

SourceCode101 - October 18, 2021, 8:29 pm

(Oct 18, 2021 08:28 PM)Geass Wrote: [\[CITE\]](#) how sad you act because of your bad luck at gambling
:(

LEARN TO TYPE WITH ENGLISH FIRST , then we will continue this lowball convertasion???

Mix - October 18, 2021, 8:55 pm

Watching a good series or a load of trash on youtube. Its a waste of time but its a good time.

Pyro - October 18, 2021, 9:35 pm

i jerk it off few times, sleep like a baby

Bench Press - October 18, 2021, 10:32 pm

(Apr 7, 2021 10:38 PM)OBAMASELF Wrote: [\[CITE\]](#) I just wank and fell asleep

P.s Doing it for the past decade and every-time it works especially when I can't sleep
I'm glad it wasn't just me ;)

Baby - October 18, 2021, 10:33 pm

(Oct 18, 2021 09:35 PM)Pyro Wrote: [\[CITE\]](#) i jerk it off few times, sleep like a baby
Reply cracked me up, true guy.

zFacetious - October 19, 2021, 7:55 pm

(Apr 7, 2021 10:30 PM)Psychologist Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

I stay the hell of my phone as it tends to make me stay up even later and later lol but normally I will
think about the day or talk with my wife

funtela - October 19, 2021, 7:56 pm

I used to smoke when I couldn't sleep. Sometimes I'll even turn on the TV just so I can slowly drift
off.

??? - October 19, 2021, 7:59 pm

Smoke some weed, watch anime, and finally mediate.

agent - October 20, 2021, 6:15 pm

(Oct 19, 2021 07:59 PM)JAY Wrote: [\[CITE\]](#) Smoke some weed, watch anime, and finally mediate.
Meditation and blazing is always a good one ! Bro

??? - October 20, 2021, 9:54 pm

(Oct 20, 2021 06:15 PM)Psychologist Wrote: [\[CITE\]](#) Meditation and blazing is always a good one !
Bro
absolutely, but over smoking is an issue.

agent - October 22, 2021, 7:56 am

(Oct 20, 2021 09:54 PM)JAY Wrote: [\[CITE\]](#) absolutely, but over smoking is an issue.
no such thing as over smoking more like not enough smoke !

Baby - October 22, 2021, 8:47 am

Lately I've been just researching tech.

agent - October 22, 2021, 4:53 pm

(Oct 22, 2021 08:47 AM)Extension Wrote: [\[CITE\]](#) Lately I've been just researching tech.
Good way to make yourself sleepy

TheArchitect - October 22, 2021, 7:38 pm

I watch unusual memes compilation on YouTube till I get boarded.

Kittenz4life - October 22, 2021, 8:18 pm

watch whatever show Im into at the time, scroll tiktok, or sit outside. depends on my mood and energy. some days Ill just lay there and do nothing until my mind shuts off.

Dripstur - October 22, 2021, 8:53 pm

(Oct 22, 2021 07:38 PM)VeryPoliteCat Wrote: [\[CITE\]](#) I watch unusual memes compilation on YouTube till I get boarded.

I do be watching these to. I watch the xqc react ones.

Chief - October 22, 2021, 8:57 pm

Usually browse something on my phone or lay there till I'm tired enough to sleep

fenompls - October 22, 2021, 11:21 pm

I spam games on TFT and just build the most random of builds.

Dripstur - October 22, 2021, 11:24 pm

On tonight's episode of I can't sleep currently watching trainwreks gamble lol

Snowwy - October 23, 2021, 8:28 am

(Oct 22, 2021 08:57 PM)Chief Wrote: [\[CITE\]](#) Usually browse something on my phone or lay there till I'm tired enough to sleep

This is me right now. Browsing HF, trying to get tired but it's not really working at the moment to be honest ?????

Chief - October 23, 2021, 8:41 am

(Oct 23, 2021 08:28 AM)Snowwy Wrote: [\[CITE\]](#) This is me right now. Browsing HF, trying to get tired but it's not really working at the moment to be honest ?????

I've had that happen to me a few times this week. I'll be posting away and realize it's 12 am ?

Yin Yang - October 23, 2021, 8:49 am

Any good YouTube channels? I usually watch vice news

In?sane? - October 23, 2021, 9:00 am

(Oct 22, 2021 08:53 PM)Dripstur Wrote: [\[CITE\]](#) I do be watching these to. I watch the xqc react ones. Haha I watch this every now and then too.

Baby - October 23, 2021, 9:41 am

Managed to make a decision as to what new laptop I'm going to pick up last night. At least that's what I chose to do.

mark187 - October 23, 2021, 9:48 am

i go and walk my springer spaniel all night by rain or snow iwe dont mind

agent - October 23, 2021, 4:29 pm

(Oct 23, 2021 09:48 AM)mark187 Wrote: [\[CITE\]](#) i go and walk my springer spaniel all night by rain or snow iwe dont mind

Quality time with the doggo ?

mark187 - October 23, 2021, 11:38 pm

(Oct 23, 2021 04:29 PM)Psychologist Wrote: [\[CITE\]](#) Quality time with the doggo ? needs to be done ,its free and makes fun

agent - October 26, 2021, 7:18 am

(Oct 23, 2021 11:38 PM)mark187 Wrote: [\[CITE\]](#) needs to be done ,its free and makes fun
Yes sir indeed agree

Ninja - October 30, 2021, 6:48 am

I just turn left, turn right, change position, until I fall asleep at some period in time. The only way to sleep is to just keep trying.

Sativa.Squirrel - October 30, 2021, 7:00 am

Turkey sammich and chamomile tea, then smoke some cannabis, and then bust a nut.

fredo - October 30, 2021, 11:18 am

Take melatonin before bed & have a very active day so getting to bed is easy

Lavish Living - October 30, 2021, 11:21 am

I go on youtube watch hella vids till its way late then I close my eyes until I fall asleep.

N - October 30, 2021, 11:21 am

(Oct 30, 2021 11:21 AM)Lavish Living Wrote: [\[CITE\]](#) I go on youtube watch hella vids till its way late then I close my eyes until I fall asleep.

Imagine not having a shorty so you gotta do this lame shit to fall asleep.

Lavish Living - October 30, 2021, 11:23 am

(Oct 30, 2021 11:21 AM)Nixhxlas Wrote: [\[CITE\]](#) Imagine not having a shorty so you gotta do this lame shit to fall asleep.

I got one wtf you talking about you know I do too stfu

Satoru Gojo - October 30, 2021, 11:26 am

I'll usually just smoke some more weed as my name suggests.

It often doesn't really help though and just leads me to doing other random shit

Bench Press - October 30, 2021, 2:32 pm

One thing I do when I can't sleep is scroll through HF.

Morug - October 30, 2021, 3:59 pm

Netflix for 5 minutes, and I'm sleeping

isai - October 30, 2021, 4:38 pm

i haven't had a chance to buy one myself but i've heard a weighted blanket is a help for many

??? - October 30, 2021, 4:40 pm

(Oct 30, 2021 04:38 PM)isai Wrote: [\[CITE\]](#) i haven't had a chance to buy one myself but i've heard a weighted blanket is a help for many

Yes, they really are nice and make you feel snug.

isai - October 30, 2021, 4:42 pm

(Oct 30, 2021 04:40 PM)JAY. Wrote: [\[CITE\]](#) Yes, they really are nice and make you feel snug.

i wanna buy one but the price point is what gets me, i also don't want a blanket that cannot reach my toes lolz

??? - October 30, 2021, 4:43 pm

(Oct 30, 2021 04:42 PM)isai Wrote: [\[CITE\]](#) i wanna buy one but the price point is what gets me, i also don't want a blanket that cannot reach my toes lolz

Yes, short blankets bother me too not gonna lie.

Ivex - October 31, 2021, 2:07 pm

I'm trying to get into lucid dreaming right now so I concentrate on kind of having pre-dreams. So dreams you're just making up in your head whilst awake then trying to maintain control as I eventually drift off.

agent - November 1, 2021, 7:30 pm

(Oct 31, 2021 02:07 PM)Ivex Wrote: [\[CITE\]](#) I'm trying to get into lucid dreaming right now so I concentrate on kind of having pre-dreams. So dreams you're just making up in your head whilst awake then trying to maintain control as I eventually drift off.

Damn bro sounds like some acid shit how does that work for u let me know bro never heard of this

isai - November 1, 2021, 8:31 pm

its pretty easy to consistently lucid dream once you get used to it, have had some pretty cool ones but went back to my regular dreams after a while

agent - November 1, 2021, 8:55 pm

(Nov 1, 2021 08:31 PM)isai Wrote: [\[CITE\]](#) its pretty easy to consistently lucid dream once you get used to it, have had some pretty cool ones but went back to my regular dreams after a while
Definitely gonna look into it for sure bro

Black Whale - November 1, 2021, 10:22 pm

I take drugs. AKA muscle relaxers, tylenol PM, and maybe some shots. Weed keeps me wired lately.

fenompls - November 1, 2021, 11:41 pm

I actually read most of the replies on this thread and try to take advice because lately I haven't been able to consistently sleep.

I've come to the conclusion that zQuil isn't really a working solution. NyQuil is better than zQuil. (Although I do believe you can get addicted to both).

I just make sure to really be spent whenever I fully lay on my bed :/....November is going to be extra hard since I'm attempting No Nut November :/

Sayid - November 1, 2021, 11:51 pm

Whenever I cannot sleep I pop a melatonin tablet. Always does the trick

agent - November 2, 2021, 3:26 pm

(Nov 1, 2021 11:51 PM)Sayid Wrote: [\[CITE\]](#) Whenever I cannot sleep I pop a melatonin tablet. Always does the trick
works for some not for others ! bro glad works for u tho

funtela - November 2, 2021, 5:10 pm

I tend to stare into the dark ceiling

isai - November 2, 2021, 5:21 pm

(Nov 2, 2021 05:10 PM)funtela Wrote: [\[CITE\]](#) I tend to stare into the dark ceiling
this sounds like an effect way to fall asleep

Allelujah - November 2, 2021, 5:25 pm

Late at night, when I can't sleep. I study, work, or just relax.

funтеля - November 2, 2021, 5:28 pm

(Nov 2, 2021 05:21 PM)isai Wrote: [\[CITE\]](#) this sounds like an effect way to fall asleep
It's actually not. I just can't do anything else.

agent - November 2, 2021, 8:23 pm

(Nov 2, 2021 05:28 PM)funтеля Wrote: [\[CITE\]](#) It's actually not. I just can't do anything else.
What ever works in the end right

Eggsy - November 2, 2021, 9:10 pm

(Apr 7, 2021 10:30 PM)Psychologist Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

Either make myself some tea or drown out my inner thoughts with subtle tv noises.

agent - November 3, 2021, 7:46 am

(Nov 2, 2021 09:10 PM)Eggsy Wrote: [\[CITE\]](#) Either make myself some tea or drown out my inner thoughts with subtle tv noises.

Tea before bed is always a good one relax the body/mind

Dog. - November 3, 2021, 8:10 am

(Nov 3, 2021 07:46 AM)Psychologist Wrote: [\[CITE\]](#) Tea before bed is always a good one relax the body/mind

That's a good one. I don't always have time to sit down and sip on a cup of tea before bed though.

agent - November 3, 2021, 8:14 am

(Nov 3, 2021 08:10 AM)Dog. Wrote: [\[CITE\]](#) That's a good one. I don't always have time to sit down and sip on a cup of tea before bed though.

Sometimes you just gotta find the time to fit it in if u cannot sleep!

Eggsy - November 3, 2021, 12:21 pm

(Nov 3, 2021 07:46 AM)Psychologist Wrote: [\[CITE\]](#) Tea before bed is always a good one relax the body/mind

Absolutely, especially a nice calming tea :)

isai - November 3, 2021, 12:55 pm

peppermint tea does wonders for me before bed with some honey in it

agent - November 3, 2021, 1:21 pm

(Nov 3, 2021 12:55 PM)isai Wrote: [\[CITE\]](#) peppermint tea does wonders for me before bed with some honey in it

Big facts right there g

A Powerade - November 3, 2021, 1:42 pm

I usually get up and do some chores or have a wank and then I'm out cold. If it's real bad where it doesn't work after a few attempts I just stay up for the whole night and next day with the help of energy drinks lmao.

agent - November 5, 2021, 12:35 pm

(Nov 3, 2021 01:42 PM)pyricc Wrote: [\[CITE\]](#) I usually get up and do some chores or have a wank and then I'm out cold. If it's real bad where it doesn't work after a few attempts I just stay up for the whole night and next day with the help of energy drinks lmao.
damn bro good right on lmfao

NurSpec - November 5, 2021, 5:26 pm

I normally put a cold fan on me while I sleep. Whenever I struggle to sleep, getting myself freezing cold so I can warm up under the blankets works every time.

agent - November 6, 2021, 9:39 am

(Nov 5, 2021 05:26 PM)NurSpec Wrote: [\[CITE\]](#) I normally put a cold fan on me while I sleep. Whenever I struggle to sleep, getting myself freezing cold so I can warm up under the blankets works every time.
Very interesting way to get to sleep

50seizedmy2fa - November 6, 2021, 10:05 am

I roll the biggest joint the paper will allow and then I smoke it

isai - November 6, 2021, 12:44 pm

(Nov 5, 2021 05:26 PM)NurSpec Wrote: [\[CITE\]](#) I normally put a cold fan on me while I sleep. Whenever I struggle to sleep, getting myself freezing cold so I can warm up under the blankets works every time.
I always wake up in the morning cold when I do this

Livewire - November 6, 2021, 2:08 pm

I drink and surely enough I'll be asleep shortly afterwards.

isai - November 6, 2021, 2:25 pm

(Nov 6, 2021 02:08 PM)Livewire Wrote: [\[CITE\]](#) I drink and surely enough I'll be asleep shortly afterwards.
Woah woah woah, 2 weeks out and drinking to fall asleep be careful my friend ;)

agent - November 7, 2021, 8:30 am

(Nov 6, 2021 02:25 PM)isai Wrote: [\[CITE\]](#) Woah woah woah, 2 weeks out and drinking to fall asleep be careful my friend ;)
Big facts bro ?

agent - November 16, 2021, 7:44 pm

Lately been having mad sleep issues 2-3 hours sleep and thats it

strol - November 16, 2021, 8:15 pm

Deep breathing and/or smoking a few bowls helps a bit. I'm able to force myself to sleep because I work full-time though

Orb - November 17, 2021, 9:23 am

I try to be productive during the day, if I just sit around all day I won't be able to sleep on time. Weed improves my sleep quality aswell.

LOUD - November 17, 2021, 11:38 am

I use Apple AirPods to play calming music to ptfo every night

swirlee - November 17, 2021, 3:24 pm

Go into the garden and pretend I'm a carrot.

agent - November 18, 2021, 12:58 pm

(Nov 17, 2021 04:24 PM)swirlee Wrote: [\[CITE\]](#) Go into the garden and pretend I'm a carrot.
The best reply yet bro ?

Palestine - November 18, 2021, 2:21 pm

(Apr 8, 2021 11:05 AM)Psychologist Wrote: [\[CITE\]](#) try this all the time Imfao smoking all day cant sleep still

Man you probably defiantly need to get some better/stronger stuff then! That's 100% the reason why it's not getting the job done for ya! Trust me :D Usually either try getting some Indica strains, or even get yourself some Oil Pens/Cartridge's and literally puff it until you're out cold... haha that also will 10000% get the job done, trust me lol ? and if not those then defiantly go with some edibles!!! Take some edibles down with a nice fat blunt/joint, or followed by Bong Rips/Bubbler and I promise you I PROMISE YOU that you will be out COLD lol but forreal though, if these don't do it for ya then you probably ain't taking enough :) Just increase the amounts of all things mentioned above and keep doing so (increasing the dosages/amount of hits or bong rips etc.) until you've found the correct/right amounts required to knock ya tf out every night to get yourself some good night's rest <3 Cheers mate, wish you the best of luck and I hope you've managed to get yourself some sleep!!

K1. - November 18, 2021, 4:38 pm

Smoking seems to cause me to be more awake and stay up longer

Only thing that's ever actually helped me sleep was some sleeping pills/liquid called Nytol, still have half a bottle sat around incase I have a really bad night and I need to be up the next day but generally I try to stay away

I'm a general insomniac anyway to be honest

Lrrr - November 18, 2021, 8:19 pm

(Nov 18, 2021 05:38 PM)Dr. Dox Wrote: [\[CITE\]](#) I'm a general insomniac anyway to be honest
You know, the body doesn't really need 8 hours of CONTINUOUS sleep. It just needs a few hours of R.E.M sleep per night. If you break your entire 24 hour day into 4x 2 hour naps you will get so much more done

K1. - November 18, 2021, 8:22 pm

(Nov 18, 2021 09:19 PM)Lrrr Wrote: [\[CITE\]](#) You know, the body doesn't really need 8 hours of CONTINUOUS sleep. It just needs a few hours of R.E.M sleep per night. If you break your entire 24 hour day into 4x 2 hour naps you will get so much more done

I'm reading this here at 4:22am wondering why tf I'm not already asleep

You give me hope [Lrrr](#)

Lrrr - November 18, 2021, 8:26 pm

(Nov 18, 2021 09:22 PM)Dr. Dox Wrote: [\[CITE\]](#) I'm reading this here at 4:22am wondering why tf I'm not already asleep

You give me hope [Lrrr](#)

If you you meth you don't need to sleep for days at a time. I mean there's some down-sides but

DAYS AT A TIME

K1. - November 18, 2021, 8:29 pm

(Nov 18, 2021 09:26 PM)Lrrr Wrote: [\[CITE\]](#) If you you meth you don't need to sleep for days at a time. I mean there's some down-sides but DAYS AT A TIME
I'm totally sure the benefits out weigh the down-side effects

Your avatar gives me full faith that you know what you're talking about here, it's all in the eyes chico

I'll be sure to update on the results

Lrrr - November 18, 2021, 8:45 pm

(Nov 18, 2021 09:29 PM)Dr. Dox Wrote: [\[CITE\]](#) I'm totally sure the benefits out weigh the down-side effects

Your avatar gives me full faith that you know what you're talking about here, it's all in the eyes chico

I'll be sure to update on the results

Just sprinkle a little in your morning coffee, you'll be ready to rock

strol - November 18, 2021, 10:50 pm

(Nov 18, 2021 09:45 PM)Lrrr Wrote: [\[CITE\]](#) Just sprinkle a little in your morning coffee, you'll be ready to rock

Reading this little convo killed me bahaha

I wish I could break my sleep schedule into 4x 2 hour naps, maybe 2x 4 hour naps depending on my work schedules lol

Lrrr - November 18, 2021, 11:37 pm

(Nov 18, 2021 11:50 PM)strol Wrote: [\[CITE\]](#) Reading this little convo killed me bahaha

I wish I could break my sleep schedule into 4x 2 hour naps, maybe 2x 4 hour naps depending on my work schedules lol

The first 2 weeks are tough, but afte that it's honestly great. I've been doing it for 2 years now and I feel like I am more effective

Orb - November 18, 2021, 11:45 pm

(Nov 19, 2021 12:37 AM)Lrrr Wrote: [\[CITE\]](#) The first 2 weeks are tough, but afte that it's honestly great. I've been doing it for 2 years now and I feel like I am more effective

Do you plan ur naps or random whenever ur sleepy?

Lrrr - November 18, 2021, 11:50 pm

(Nov 19, 2021 12:45 AM)Frsh Wrote: [\[CITE\]](#) Do you plan ur naps or random whenever ur sleepy?
I have a schedule and usually try to stick to it.

12-2 pm

6-8 pm

1-4 am or 2-5

I do 7 hours total.

Rahul007rhp - November 19, 2021, 12:04 am

Ill be quite honest with you if i cant sleep and its damn late. Ill surely watch some po*n have a

quickie and then definitely i would be tired so it will be a good sleep lol

Orb - November 19, 2021, 12:09 am

(Nov 19, 2021 12:50 AM)Lrrr Wrote: [\[CITE\]](#) I have a schedule and usually try to stick to it.

12-2 pm

6-8 pm

1-4 am or 2-5

I do 7 hours total.

Interesting. Might have to try this and see how I feel. Do you consume caffeine throughout the day?

Lrrr - November 19, 2021, 12:10 am

(Nov 19, 2021 01:09 AM)Frsh Wrote: [\[CITE\]](#) Interesting. Might have to try this and see how I feel. Do you consume caffeine throughout the day?

Yes, though I probably should cut back a bit.

Viktor Bout - November 19, 2021, 11:22 am

Gaming and beers. That should put me to the sleep real quick

Orb - November 19, 2021, 12:05 pm

(Nov 19, 2021 12:22 PM)Viktor Bout Wrote: [\[CITE\]](#) Gaming and beers. That should put me to the sleep real quick

Alcohol fucks my sleep up so much. Whenever I drink I can pass out quick but I'll wake up all dehydrated a few hrs later and I won't be able to fall asleep again.

agent - November 20, 2021, 5:56 am

(Nov 19, 2021 01:05 PM)Frsh Wrote: [\[CITE\]](#) Alcohol fucks my sleep up so much. Whenever I drink I can pass out quick but I'll wake up all dehydrated a few hrs later and I won't be able to fall asleep again.

Facts bro im the same way yo !

ChiefThunder - November 20, 2021, 8:52 am

Have sex with my wife or rub one off. Also have zzquill if I can't fall sleep after that

Lyrice - November 20, 2021, 8:55 am

I just take my sleeping pills and wake up 18 hours later.

NurSpec - November 20, 2021, 5:33 pm

(Nov 20, 2021 09:55 AM)moneyblog Wrote: [\[CITE\]](#) I just take my sleeping pills and wake up 18 hours later.

Have you ever slept for 18 hours forreal?

Lyrice - November 20, 2021, 5:36 pm

(Nov 20, 2021 06:33 PM)NurSpec Wrote: [\[CITE\]](#) Have you ever slept for 18 hours forreal?

Like, almost every time I pop my sleeping pills haha. Go to bed by, like, 3 AM, wake up and 9 PM or close. Stay up for an hour or 2, take another pill, then go aggressive with alarms 8 - 10 hours later.

NurSpec - November 20, 2021, 5:38 pm

(Nov 20, 2021 06:36 PM)moneyblog Wrote: [\[CITE\]](#) Like, almost every time I pop my sleeping pills haha. Go to bed by, like, 3 AM, wake up and 9 PM or close. Stay up for an hour or 2, take another pill, then go aggressive with alarms 8 - 10 hours later.

That's crazy man. I don't think I could sleep that long.. although, never tried any sleeping pills

7777777 - November 20, 2021, 6:43 pm

Watch the hockey, browse 4 chan. Sometimes watch netflix.

630 - November 20, 2021, 6:53 pm

It's rare that I can't fall asleep. I tend to just count in my head and turn off all lights / noises around me. I try to clear my mind and sleep.

agent - December 1, 2021, 7:24 pm

(Nov 20, 2021 07:53 PM)630 Wrote: [\[CITE\]](#) It's rare that I can't fall asleep. I tend to just count in my head and turn off all lights / noises around me. I try to clear my mind and sleep.

I tend to find myself trying to count the popcorn on the ceiling sometimes !

Orb - December 1, 2021, 7:38 pm

(Nov 20, 2021 09:55 AM)moneyblog Wrote: [\[CITE\]](#) I just take my sleeping pills and wake up 18 hours later.

What sleeping pills do you take? I had this problem with some pills my doc put me on. Don't remember the name though. Now I just take ambien (zolpidem) every now and then if I have to wake up early and really can't fall asleep, effects don't last as long.

Lrrr - December 1, 2021, 8:59 pm

(Dec 1, 2021 08:38 PM)Frsh Wrote: [\[CITE\]](#) What sleeping pills do you take? I had this problem with some pills my doc put me on. Don't remember the name though. Now I just take ambien (zolpidem) every now and then if I have to wake up early and really can't fall asleep, effects don't last as long.

You don't need to sleep, I keep telling you this.

Orb - December 1, 2021, 9:08 pm

(Dec 1, 2021 09:59 PM)Lrrr Wrote: [\[CITE\]](#) You don't need to sleep, I keep telling you this.

You're right. Sleep is overrated anyways. Powernaps is where it's at.

Lrrr - December 1, 2021, 9:12 pm

(Dec 1, 2021 10:08 PM)Frsh Wrote: [\[CITE\]](#) You're right. Sleep is overrated anyways. Powernaps is where it's at.

Dude, the coolest part about that is.....if you start looking into lucid dreaming you will be super human.

Think about it.... While you're awake you focus on task based pomodoro. While you're sleeping you may be able to train yourself to be aware of your dream state. This would give you even further time to work on things in your dreams.

Orb - December 1, 2021, 9:21 pm

(Dec 1, 2021 10:12 PM)Lrrr Wrote: [\[CITE\]](#) Dude, the coolest part about that is.....if you start looking into lucid dreaming you will be super human.

Think about it.... While you're awake you focus on task based pomodoro. While you're sleeping you may be able to train yourself to be aware of your dream state. This would give you even further time to work on things in your dreams.

That's actually really interesting. I don't even remember the last time I woke up and remembered what I dreamed. I suppose it's pretty hard to train your mind like that. Have you ever tried certain techniques and did it work for you?

agent - December 1, 2021, 9:32 pm

(Dec 1, 2021 10:12 PM)Lrrr Wrote: [\[CITE\]](#) Dude, the coolest part about that is.....if you start looking into lucid dreaming you will be super human.

Think about it... While you're awake you focus on task based pomodoro. While you're sleeping you may be able to train yourself to be aware of your dream state. This would give you even further time to work on things in your dreams.

Damn wise words bro !

Lrrr - December 1, 2021, 9:34 pm

(Dec 1, 2021 10:21 PM)Frsh Wrote: [\[CITE\]](#) That's actually really interesting. I don't even remember the last time I woke up and remembered what I dreamed. I suppose it's pretty hard to train your mind like that. Have you ever tried certain techniques and did it work for you?

I can't exactly do it whenever I want, however there are TONS of info online on how to try and train yourself to understand you are dreaming.

It takes months and sometimes years of practice and its not exactly a science. Sometimes your brain is just tired and DGAF

agent - December 1, 2021, 9:40 pm

(Dec 1, 2021 10:34 PM)Lrrr Wrote: [\[CITE\]](#) I can't exactly do it whenever I want, however there are TONS of info online on how to try and train yourself to understand you are dreaming.

It takes months and sometimes years of practice and its not exactly a science. Sometimes your brain is just tired and DGAF

That's some crazy shit i just did some reading on it would love to try and train myself !

this shit is the worst i swear sleep paralysis FML

Orb - December 1, 2021, 9:51 pm

(Dec 1, 2021 10:34 PM)Lrrr Wrote: [\[CITE\]](#) I can't exactly do it whenever I want, however there are TONS of info online on how to try and train yourself to understand you are dreaming.

It takes months and sometimes years of practice and its not exactly a science. Sometimes your brain is just tired and DGAF

I'ma have to look into this a little more. The idea of being aware of your dreams seems pretty cool and beneficial.

agent - December 2, 2021, 7:05 am

(Dec 1, 2021 10:51 PM)Frsh Wrote: [\[CITE\]](#) I'ma have to look into this a little more. The idea of being aware of your dreams seems pretty cool and beneficial.

yeah i did my reading bro pretty crazy reminds me of sleep paralysis i had that shit for a while dunno went away randomly !

Sly Cooper - December 2, 2021, 3:09 pm

I drink and smoke cigarettes all night and do a bunch of random shit like write, make music, watch videos, play chess, or whatever else my mind goes to.

Lrrr - December 2, 2021, 6:40 pm

(Dec 2, 2021 04:09 PM)Sly Cooper Wrote: [\[CITE\]](#) I drink and smoke cigarettes all night and do a bunch of random shit like write, make music, watch videos, play chess, or whatever else my mind goes to.

If this is the requirement for being a Foundation member....I should be a fucking leader.

Sly Cooper - December 2, 2021, 8:24 pm

(Dec 2, 2021 07:40 PM)Lrrr Wrote: [\[CITE\]](#) If this is the requirement for being a Foundation member....I should be a fugging leader.

Lol. So you think you can outsomnia me eh? Might just have to give you a spot.

agent - December 2, 2021, 9:22 pm

(Dec 2, 2021 04:09 PM)Sly Cooper Wrote: [\[CITE\]](#) I drink and smoke cigarettes all night and do a bunch of random shit like write, make music, watch videos, play chess, or whatever else my mind goes to.

Sheesh u a legend bro ?

Nate - December 2, 2021, 9:24 pm

(Dec 2, 2021 04:09 PM)Sly Cooper Wrote: [\[CITE\]](#) I drink and smoke cigarettes all night and do a bunch of random shit like write, make music, watch videos, play chess, or whatever else my mind goes to.

I just smoke marijuana if I'm in bed struggling to sleep

agent - December 7, 2021, 1:48 pm

(Dec 2, 2021 10:24 PM)N?te Wrote: [\[CITE\]](#) I just smoke marijuana if I'm in bed struggling to sleep
This is key but doesnt always work my g

L1l DuRk - December 7, 2021, 2:19 pm

If I can't sleep at night I just turn off my phone then cuddle up with my wife that shi& works like magic.

agent - December 7, 2021, 2:28 pm

(Dec 7, 2021 03:19 PM)Tsu Wrote: [\[CITE\]](#) If I can't sleep at night I just turn off my phone then cuddle up with my wife that shi& works like magic.

sounds like an amazing way if u got a wifey lol

TeamAndroid - December 7, 2021, 2:33 pm

Listen to music while on the computer wondering what my hedgehog is getting into

Peter Doucette - December 7, 2021, 4:09 pm

Do you have a cash app so I can send the money and how much you going to charge me I want the package and root for the 33 0

Charybdis - December 8, 2021, 4:46 pm

I usually wank one out and that puts me right to sleep

agent - December 9, 2021, 5:58 pm

(Dec 8, 2021 05:46 PM)Charybdis Wrote: [\[CITE\]](#) I usually wank one out and that puts me right to sleep

Classic metta right here

SIM-4831178 - December 9, 2021, 7:37 pm

Netflix n chill as many I believe lol

Charybdis - December 9, 2021, 7:40 pm

(Dec 9, 2021 06:58 PM)Psychologist Wrote: [\[CITE\]](#) Classic metta right here

Gotta do what you gotta do

agent - January 6, 2022, 1:16 pm

(Dec 9, 2021 08:40 PM)Charybdis Wrote: [\[CITE\]](#) Gotta do what you gotta do
Big facts tho bro what ever works

ChexmixKiller - January 6, 2022, 1:46 pm

Usually snort more cocaine.

ailo - January 6, 2022, 7:07 pm

I count sheeps it helps me fall asleep

Crippy - January 7, 2022, 5:42 am

Put on some pursuit to wonder and my brains shuts off.

agent - January 7, 2022, 6:39 am

(Jan 6, 2022 02:46 PM)ChexmixKiller Wrote: [\[CITE\]](#) Usually snort more cocaine.
damn nice troll bro u must be a god

(Jan 7, 2022 06:42 AM)Crippy Wrote: [\[CITE\]](#) Put on some pursuit to wonder and my brains shuts off.
love this one champ ?

(Jan 6, 2022 08:07 PM)ailo Wrote: [\[CITE\]](#) I count sheeps it helps me fall asleep
a parent thing are u a dad :D

jugghead - January 9, 2022, 5:39 pm

I try to always do anything that tires me out instead of just lying there forcing myself to sleep

agent - January 12, 2022, 8:03 am

(Jan 9, 2022 06:39 PM)jugghead Wrote: [\[CITE\]](#) I try to always do anything that tires me out instead of
just lying there forcing myself to sleep
the best ways bro sometimes u ant got shit to do xD

The Professional Hacker - January 12, 2022, 8:11 am

What do you do late at night when you cant sleep?

I go on discord to find loads of tickets and DMS from you about new DMU tools xD ???

agent - January 12, 2022, 8:13 am

(Jan 12, 2022 09:11 AM)The Professional Hacker Wrote: [\[CITE\]](#) What do you do late at night when
you cant sleep?

I go on discord to find loads of tickets and DMS from you about new DMU tools xD ???
Psycho has left the chat

The Professional Hacker - January 12, 2022, 8:15 am

(Jan 12, 2022 09:13 AM)Psychologist Wrote: [\[CITE\]](#) Psycho has left the chat
Only joking ? you find me on Cod maybe warzone or S&D late at night ?

agent - January 12, 2022, 8:16 am

(Jan 12, 2022 09:15 AM)The Professional Hacker Wrote: [\[CITE\]](#) Only joking ? you find me on Cod
maybe warzone or S&D late at night ?
You be running the people outta the lobbies

agent - January 12, 2022, 8:17 am

(Jan 12, 2022 09:16 AM)Lowkey Wrote: [\[CITE\]](#) I already posted on this thread and can't find the response but I'd like to add, we also just watch memes and pass out. Memes till you cant handle it anymore and pass out ! classic ?

Zexi - January 12, 2022, 8:18 am

Rub one off, usually puts me to sleep.

agent - January 12, 2022, 8:19 am

(Jan 12, 2022 09:18 AM)Lowkey Wrote: [\[CITE\]](#) Till you see a nicko avacado meme and then throw your phone out the window
???

rip goes the phone bro xD perfect way to fall asleep after i think xD

agent - January 19, 2022, 8:47 pm

lately been able to fall asleep like its nothing

Unholy - January 20, 2022, 1:16 pm

Take as many melatonin pills as humanly possible.

flavoral - January 20, 2022, 4:19 pm

Listen to some music or do anything i was delaying

?ystem - January 20, 2022, 10:29 pm

Browse HF as is expected in this very post. Other than that I particularly spend my limited time before sunrise with browsing and occasionally rehashing a past love of series I've watched before, or in the case of tonight, caught in casual conversation with dear friends and companions.

agent - January 25, 2022, 8:36 pm

(Jan 20, 2022 11:29 PM)?ystem Wrote: [\[CITE\]](#) Browse HF as is expected in this very post. Other than that I particularly spend my limited time before sunrise with browsing and occasionally rehashing a past love of series I've watched before, or in the case of tonight, caught in casual conversation with dear friends and companions.

hell yah bro casual convos are always good !

Eden - January 26, 2022, 12:08 am

I go on the computer hoping to find ways to make money that I haven't heard of or tried yet...

At the moment I have been spending most of my time Aging Reddit Accounts and getting them ready for sale.

I am considering looking for work somewhere else which would be more BlackHat without the Coding, but I don't think this is the place to talk about it. : p

Handsome - January 26, 2022, 10:02 am

Like you I smoke the jazz cabbage. But I'm always using it on account of my PTSD. So it really just helps me function normally. I usually just play games until 11pm then I go lay in bed until 12-12:30. That's when I have to force myself to go to sleep. I find myself waking up throughout the night for various reasons.

The only time I have a hard time sleeping is when I'm alone or if my son is not in bed with me. I've grown so used to him being there, he's slept between my wife and I for almost 3 years now (He's almost 3).

zubabb - January 27, 2022, 1:58 am

when i can't sleep i read books or watch interesting movies and documentaries... it's useful and sometimes even help to asleep.

rahim.li - January 27, 2022, 3:39 am

I tend to play music(blues) when sleep seems hard to come by, and that have worked for me for so many years !

agent - January 28, 2022, 2:46 pm

(Jan 27, 2022 04:39 AM)rahim.li Wrote: [\[CITE\]](#) I tend to play music(blues) when sleep seems hard to come by, and that have worked for me for so many years !
blues is so relaxing before bed bro good choice

Rainbow Thunder - January 30, 2022, 7:06 pm

I sleep early in the dfay

agent - February 1, 2022, 12:20 pm

(Jan 30, 2022 08:06 PM)Rainbow Thunder Wrote: [\[CITE\]](#) I sleep early in the dfay
what do you mean by this!

Luffy_- - February 1, 2022, 12:21 pm

I probably end up watching series till i sleep

Eran - February 1, 2022, 12:24 pm

Uh if I don't have benzos ill listen to music, watch dumb videos or just imagine myself in scenarios I'll probably never be in :(

Linux X - February 1, 2022, 12:35 pm

I'm searching users who don't have the QL award and I send them some love xd

Rainbow Thunder - February 1, 2022, 1:39 pm

(Feb 1, 2022 01:20 PM)Psychologist Wrote: [\[CITE\]](#) what do you mean by this!
I mean that insomnia is a bitch bro!~

hackerm0m - February 1, 2022, 11:11 pm

I listen to audiobooks almost every night! It depends on the readers voice though. Has to hit the sweet spot for me to go to lala land

Sainth - February 1, 2022, 11:40 pm

Watch tiktok u til my eyes closed.

agent - February 2, 2022, 11:24 am

(Feb 2, 2022 12:40 AM)Sainth Wrote: [\[CITE\]](#) Watch tiktok u til my eyes closed.
Thats no good u never fall asleep

Yuno - February 2, 2022, 1:13 pm

Smoke pot and jack off lmao night of the kings.

agent - February 2, 2022, 6:16 pm

(Feb 2, 2022 02:13 PM)Yuno Wrote: [\[CITE\]](#) Smoke pot and jack off lmao night of the kings.
classic way bro love it ?

swidden - February 2, 2022, 6:18 pm

quick sip of crown royal apple

agent - February 2, 2022, 6:18 pm

(Feb 2, 2022 07:18 PM)swidden Wrote: [\[CITE\]](#) quick sip of crown royal apple
that's a good one bro with some coke

swidden - February 2, 2022, 6:20 pm

(Feb 2, 2022 07:18 PM)Psychologist Wrote: [\[CITE\]](#) that's a good one bro with some coke
never understood that one would expect coke to keep you up like what??????

Sainth - February 2, 2022, 9:21 pm

(Feb 2, 2022 12:24 PM)Psychologist Wrote: [\[CITE\]](#) Thats no good u never fall asleep
yap bro. bad habit ?

agent - February 4, 2022, 8:18 am

(Feb 2, 2022 10:21 PM)Sainth Wrote: [\[CITE\]](#) yap bro. bad habit ?
straight facts g lmfao

the_bane - February 4, 2022, 9:19 am

if im alone in the night and at that time if i dont watch something (movies , shows , twitch streams , youtube etc) then i guess pretty dark and obnoxious thoughts in my mind, so yea if im awake i better watch something

hayesh - February 4, 2022, 10:42 am

i had an eye problem that made it very uncomfortable to sleep so when i would wake up in the night id just stay up,and give up on falling asleep

the_bane - February 6, 2022, 5:52 am

(Feb 4, 2022 11:42 AM)hayesh Wrote: [\[CITE\]](#) i had an eye problem that made it very uncomfortable to sleep so when i would wake up in the night id just stay up,and give up on falling asleep
oh thats bad, are you okay now buddy?

tripleseven - February 6, 2022, 6:01 am

I always used to have sleeping problems, tried almost everything out there, I found that the only medicine that is not super harmful and actually works is melatonin, but for me personally (and in this dopamine age surely many others) sleeping problems are a result of a too active mind. I started meditating which I still do, but I reached the point where its way easier to still my mind. Ganja works perfect for clearing the mind aswell but for me personally I don't want weed to become a habit. I still like to smoke sometimes with friends though.

agent - February 9, 2022, 11:19 am

(Feb 4, 2022 11:42 AM)hayesh Wrote: [\[CITE\]](#) i had an eye problem that made it very uncomfortable to sleep so when i would wake up in the night id just stay up,and give up on falling asleep
damn bro that sounds rough ! are u all good now

the_bane - February 10, 2022, 8:07 am

the fear that if i wont sleep on time tonight which will then intern fu*k up my next day makes me sleep well lol

Boo Boo - February 10, 2022, 12:25 pm

Usually watching a TV series until I can't keep my eyes open - I find at the moment I can't wake up and can't fall asleep which is extremely annoying

PATRONUS - February 10, 2022, 12:25 pm

Drink a valerian tea and fall a sleep like a baby.

agent - February 18, 2022, 10:46 pm

(Feb 10, 2022 01:25 PM)Patronus Wrote: [\[CITE\]](#) Drink a valerian tea and fall a sleep like a baby. That's actually a bomb one lmfao but i barely do it

Eran - February 19, 2022, 1:06 am

Recently I've started getting up earlier so I have no problem falling asleep now.

agent - February 19, 2022, 1:07 am

(Feb 19, 2022 02:06 AM)Eran Wrote: [\[CITE\]](#) Recently I've started getting up earlier so I have no problem falling asleep now.

I do this when i have to work other wise find me on the pc browsing web ect

Eran - February 19, 2022, 1:08 am

(Feb 19, 2022 02:07 AM)Psychologist Wrote: [\[CITE\]](#) I do this when i have to work other wise find me on the pc browsing web ect

I did the same tbh, but I force myself to wake up early, have adopted a morning routine and it feels so healthy rn.

xuanyio - February 19, 2022, 9:46 am

Sometimes the ol' rub and tug doesn't help. Tbh I would just lay there and wait until I fell asleep. Does it work? Not all the time. I might also put on some YouTube video in the background as white noise and that usually helps.

r3byte - February 19, 2022, 10:07 am

On a regular basis I have a drink, not too much just a little whiskey or a beer, but just in case, as a remedy I keep a smoke stash to relax.

LoGiurato - February 19, 2022, 11:42 am

Sex, sex is really good when you can't fall asleep.

DuttyCoder - February 19, 2022, 4:02 pm

I tend to watch youtube videos or watch asmr to help put me to sleep.

JTheRipper - February 19, 2022, 8:03 pm

I look up sheep herds and try to count them all.

defiant quail - February 19, 2022, 8:08 pm

take some shrooms or smoke some DMT, if imma be up it better be fun

Vader - February 19, 2022, 8:10 pm

dude this has been so hard for me all 2020-2022. I'm trying to build better sleep habits but if I'm up that late I try to get some work done. It's best to use that time toward something productive or stimulating in a healthy way, rather than waste it. Because unless you want to have. a shit day you're going to sleep in a good amount.

I used to play VR, PC games, youtube, shows, a lot. I still do it now but I have been cutting down. It helps with my mental state & sleep schedule.

1 think I have to say is that when you wake up, don't go on your phone. This first step of the day will help you snowball into productivity.

- More specifically don't go on social media in the morning. If you're working on the phone then that's a solid step in the right direction.

Learnin - February 20, 2022, 12:04 am

I usually binge watch netflix but lately seems like I've watched everything good.

agent - February 25, 2022, 11:31 pm

(Feb 20, 2022 01:04 AM)Learnin Wrote: [\[CITE\]](#) I usually binge watch netflix but lately seems like I've watched everything good.

Till you're eyes bleed and you pass out correct?

Hinshi - February 26, 2022, 2:27 am

I used to smoke tobacco or drink alcohol.

Nowadays I just stay awake until I eventually want to sleep or I shower and try to sleep.

agent - February 26, 2022, 9:20 am

(Feb 26, 2022 03:27 AM)Hinshi Wrote: [\[CITE\]](#) I used to smoke tobacco or drink alcohol.

Nowadays I just stay awake until I eventually want to sleep or I shower and try to sleep.
Stay awake till you drop!!!?

No Bra - February 26, 2022, 9:28 am

I will just start watching some documentary, till I doze off

agent - February 26, 2022, 9:31 am

(Feb 26, 2022 10:28 AM)NobGra Wrote: [\[CITE\]](#) I will just start watching some documentary, till I doze off

That's a good one podcasts work for me

Exp01t3r24 - February 27, 2022, 12:02 pm

tbh i just give up and don't go to sleep at all

agent - February 27, 2022, 12:03 pm

(Feb 27, 2022 01:02 PM)Exp01t3r24 Wrote: [\[CITE\]](#) tbh i just give up and don't go to sleep at all
Damn bro that cant be healthy lmfao

agent - February 27, 2022, 12:06 pm

(Feb 27, 2022 01:04 PM)relaxtrucker Wrote: [\[CITE\]](#) i study your mom pussy
How's that going for u

No Bra - February 27, 2022, 12:10 pm

(Feb 27, 2022 01:06 PM)Agent Wrote: [\[CITE\]](#) How's that going for u
Is account is limited now, he's going to get banned soon.

agent - February 27, 2022, 12:12 pm

(Feb 27, 2022 01:10 PM)NobGra Wrote: [\[CITE\]](#) Is account is limited now, he's going to get banned soon.

I reported his post and I'm pretty sure others did before too.
I'm not to sure that we will have to wait and see !

No Bra - February 27, 2022, 12:17 pm

(Feb 27, 2022 01:12 PM)Agent Wrote: [\[CITE\]](#) I reported his post and I'm pretty sure others did before

too.

I'm not to sure that we will have to wait and see !

He give quick love, but i will not return free 10 bytes ?

agent - February 27, 2022, 12:43 pm

(Feb 27, 2022 01:17 PM)NobGra Wrote: [\[CITE\]](#) He give quick love, but i will not return free 10 bytes ?

He's a legend Imfao ??

Threatening - April 4, 2022, 1:41 pm

Same situation here, i just smoke a fat one and watch netflix until i fall asleep. Works most of the time ^

Stepdad - April 4, 2022, 1:42 pm

Most of the time I'll end up scrolling youtube for documentaries or mini-docs. It's a goldmine for that kind of content

Mac Miller - April 4, 2022, 1:43 pm

Smoke and jack off! watch some youtube and it puts me to sleep

hotwheels52 - April 4, 2022, 2:49 pm

I watch anything and everything on my phone.

Panda™ - April 4, 2022, 3:44 pm

For me smoking gets my brain going so I can't sleep when I smoke 99% of the time.

Lately, I been having issues sleeping too, staying up very late, watching documentaries on youtube, and stuff like that

agent - April 4, 2022, 9:36 pm

(Apr 4, 2022 03:44 PM)FrOggy Wrote: [\[CITE\]](#) For me smoking gets my brain going so I can't sleep when I smoke 99% of the time.

Lately, I been having issues sleeping too, staying up very late, watching documentaries on youtube, and stuff like that

Damn bro im the other way around smoking put me to sleep

Seasoning - April 5, 2022, 1:58 am

I honestly just watch youtube videos all night until I am able to fall asleep. Or listen to Lo-Fi music while I browse HF or Reddit haha

skull - April 5, 2022, 8:41 am

I have some techniques to calm my mind down. And after a few minutes I manage to sleep anyhow.

But before I learned this technique, I almost couldn't sleep 1/3 of every night, so I just went to watch TV for an hour or two ?

hotwheels52 - April 5, 2022, 9:53 am

(Apr 5, 2022 08:41 AM)skull Wrote: [\[CITE\]](#) I have some techniques to calm my mind down. And after a few minutes I manage to sleep anyhow.

But before I learned this technique, I almost couldn't sleep 1/3 of every night, so I just went to watch TV for an hour or two ?

I'd like to know more about this. ?

skull - April 5, 2022, 10:04 am

(Apr 5, 2022 09:53 AM)hotwheels52 Wrote: [\[CITE\]](#) I'd like to know more about this. ?
It's a metacognitive method. I learned during my stress therapy.

It requires a lot of training to rebuild certain nerves between the required parts of the brain, but once done it makes it easy for you to remove the focus point that keeps you awake, then you can in your mind remove the stress and anxiety that might keep you up, and think about a relaxing place.

The more you train it, the the better your brain communicates with the different nerves to make you relax and keep the relaxing focus.

hotwheels52 - April 5, 2022, 10:06 am

(Apr 5, 2022 10:04 AM)skull Wrote: [\[CITE\]](#) It's a metacognitive method. I learned during my stress therapy.

It requires a lot of training to rebuild certain nerves between the required parts of the brain, but once done it makes it easy for you to remove the focus point that keeps you awake, then you can in your mind remove the stress and anxiety that might keep you up, and think about a relaxing place.

The more you train it, the the better your brain communicates with the different nerves to make you relax and keep the relaxing focus.

I'd love to know more about this when you get the chance.

skull - April 5, 2022, 10:07 am

(Apr 5, 2022 10:06 AM)hotwheels52 Wrote: [\[CITE\]](#) I'd love to know more about this when you get the chance.

Sure. Will find some training sounds and write the details later when I am on computer. Please remind me if I forget

Net Hustler - April 5, 2022, 11:24 am

I always just work on something to make some more money of course there is no such thing as a time where you can't be working on something that improves your future.I would suggest any of you here do the same and keep that hustle going???

HOMODIN - April 5, 2022, 11:34 am

[Storytime](#) and [KCC](#), I usually get tired n fall asleep while listening to those if nothing else works.

Pat13nt_Zer0 - April 5, 2022, 11:42 am

Keep hitting the refresh button on HF lol, or try and find some horror stories on YT to listen to

Excellentum - April 5, 2022, 12:20 pm

Watch a full season of something on Netflix real quick

skull - April 5, 2022, 12:22 pm

(Apr 5, 2022 12:20 PM)Excellentum Wrote: [\[CITE\]](#) Watch a full season of something on Netflix really quick

A full season, real quick ?

You watch an entire season during the night?

Excellentum - April 5, 2022, 12:24 pm

(Apr 5, 2022 12:22 PM)skull Wrote: [\[CITE\]](#) A full season, real quick ?

You watch an entire season during the night?

I am just kidding, bro ! But sometimes it happens... I just play an episode so can go to sleep but

???

skull - April 5, 2022, 12:28 pm

(Apr 5, 2022 12:24 PM)Excellentum Wrote: [\[CITE\]](#) I am just kidding, bro ! But sometimes it happens... I just play an episode so can go to sleep but ???
Now I understand!

Start an episode, fall asleep, wait up later when the season is done ?

hotwheels52 - April 5, 2022, 3:22 pm

(Apr 5, 2022 10:07 AM)skull Wrote: [\[CITE\]](#) Sure. Will find some training sounds and write the details later when I am on computer. Please remind me if I forget
I appreciate you as always. ?

(Apr 5, 2022 12:24 PM)Excellentum Wrote: [\[CITE\]](#) I am just kidding, bro ! But sometimes it happens... I just play an episode so can go to sleep but ???
That's how it always starts for me... ?

device - April 5, 2022, 3:32 pm

I take a sleeping pill if I suffer from insomnia.

hotwheels52 - April 5, 2022, 4:02 pm

(Apr 5, 2022 03:32 PM)device Wrote: [\[CITE\]](#) I take a sleeping pill if I suffer from insomnia.
What do you take? I've tried OTC holistic things such as Valerian root or melatonin, but neither seem to work for me.

device - April 6, 2022, 1:34 am

(Apr 5, 2022 04:02 PM)hotwheels52 Wrote: [\[CITE\]](#) What do you take? I've tried OTC holistic things such as Valerian root or melatonin, but neither seems to work for me.
I take Atarax which is on prescription. It's an antihistaminic with a very strong somnolence effect.
I recommend it as it isn't addictive.

JTheRipper - April 6, 2022, 4:25 am

(Apr 7, 2021 11:19 PM)Zero Wrote: [\[CITE\]](#) I can literally fall asleep anywhere in minutes.
I usually like to watch Netflix and fall asleep with that.
Every time I try that I forget to pause and miss 5 episodes of breaking bad.

Komodo - April 6, 2022, 5:13 am

Either take Benadryl or Flexeril.

Lately I haven't been sleeping much I either wake up and can't sleep anymore or I can't fall asleep because of my tinnitus.

DecAnn - April 6, 2022, 5:31 am

I just play video games or I watch movies and hope to fall asleep...

hotwheels52 - April 6, 2022, 10:12 am

(Apr 6, 2022 01:34 AM)device Wrote: [\[CITE\]](#) I take Atarax which is on prescription. It's an antihistaminic with a very strong somnolence effect.
I recommend it as it isn't addictive.

Yeah, recently someone in my family had sleeping issues and was prescribed Ativan, which is much heavier from what I understand.

Excellentum - April 6, 2022, 12:03 pm

(Apr 5, 2022 03:22 PM)hotwheels52 Wrote: [\[CITE\]](#) I appreciate you as always. ?

That's how it always starts for me... ?

Yeah , last night I played a Netflix series so I can go to sleep easier... End up watching half a season :D ????

hotwheels52 - April 6, 2022, 12:04 pm

(Apr 6, 2022 12:03 PM)Excellentum Wrote: [\[CITE\]](#) Yeah , last night I played a Netflix series so I can go to sleep easier... End up watching half a season :D ????

What'd you watch? ?

Excellentum - April 6, 2022, 12:07 pm

(Apr 6, 2022 12:04 PM)hotwheels52 Wrote: [\[CITE\]](#) What'd you watch? ?

I've been watching Vikings lately. Many friends have told me It's a good one , so I decided to give it a chance and I don't regret it! ???

hotwheels52 - April 6, 2022, 12:11 pm

(Apr 6, 2022 12:07 PM)Excellentum Wrote: [\[CITE\]](#) I've been watching Vikings lately. Many friends have told me It's a good one , so I decided to give it a chance and I don't regret it! ???

I've heard good things about it. I'm just finishing Better Call Saul now.

skull - April 6, 2022, 12:13 pm

(Apr 6, 2022 12:11 PM)hotwheels52 Wrote: [\[CITE\]](#) I've heard good things about it. I'm just finishing Better Call Saul now.

I find Better Call Saul hard to get going with.

Just doesn't get to me.

Excellentum - April 6, 2022, 12:13 pm

(Apr 6, 2022 12:11 PM)hotwheels52 Wrote: [\[CITE\]](#) I've heard good things about it. I'm just finishing Better Call Saul now.

Haven't heard of it (do you recommend it ?) , but if you haven't watched Viking go for it!

hotwheels52 - April 6, 2022, 12:18 pm

(Apr 6, 2022 12:13 PM)Excellentum Wrote: [\[CITE\]](#) Haven't heard of it (do you recommend it ?) , but if you haven't watched Viking go for it!

Yes bro absolutely! It's a prequel to the Breaking Bad series that 99% of people watched after Breaking Bad (which came out first). I would have loved to have the opportunity to watch them in the correct chronological order.

Excellentum - April 6, 2022, 12:20 pm

(Apr 6, 2022 12:18 PM)hotwheels52 Wrote: [\[CITE\]](#) Yes bro absolutely! It's a prequel to the Breaking Bad series that 99% of people watched after Breaking Bad (which came out first). I would have loved to have the opportunity to watch them in the correct chronological order.

Haven't watched BB either ... I know it's a shame, but hopefully, soon I'll give it a try!

hotwheels52 - April 6, 2022, 12:22 pm

(Apr 6, 2022 12:20 PM)Excellentum Wrote: [\[CITE\]](#) Haven't watched BB either ... I know it's a shame, but hopefully, soon I'll give it a try!

In order, watch: Better Call Saul, Breaking Bad, El Camino (a movie they made after)

Excellentum - April 6, 2022, 12:24 pm

(Apr 6, 2022 12:22 PM)hotwheels52 Wrote: [\[CITE\]](#) In order, watch: Better Call Saul, Breaking Bad, El

Camino (a movie they made after)

I will, brother. As soon as finish Vikings and I have free time

hotwheels52 - April 6, 2022, 12:24 pm

(Apr 6, 2022 12:24 PM)Excellentum Wrote: [\[CITE\]](#) I will, brother. As soon as finish Vikings and I have free time

Oh yeah, you won't regret it.

Excellentum - April 6, 2022, 12:25 pm

(Apr 6, 2022 12:24 PM)hotwheels52 Wrote: [\[CITE\]](#) Oh yeah, you won't regret it.

How many seasons are in the first one ?

hotwheels52 - April 6, 2022, 12:28 pm

(Apr 6, 2022 12:25 PM)Excellentum Wrote: [\[CITE\]](#) How many seasons are in the first one ?

BCS has 40 episodes: 10 per 4 seasons.

Excellentum - April 6, 2022, 12:29 pm

(Apr 6, 2022 12:28 PM)hotwheels52 Wrote: [\[CITE\]](#) BCS has 40 episodes: 10 per 4 seasons.

Nice , not too many! That's my next!

Heisenberg - April 7, 2022, 7:02 am

Take 200-400mg of magnesium bisglycinate

agent - April 11, 2022, 5:10 pm

(Apr 7, 2022 07:02 AM)Heisenberg Wrote: [\[CITE\]](#) Take 200-400mg of magnesium bisglycinate

Damn and knocks you right out hey ?

agent - April 11, 2022, 5:14 pm

(Apr 11, 2022 05:13 PM)Animal Wrote: [\[CITE\]](#) I think about [Angela White](#)

Interesting my friend !?

Laughing Man - April 11, 2022, 5:33 pm

I take Tylonol PM, I'm an insomniac.

Zexo - April 11, 2022, 5:35 pm

Smoke and take melatonin. And look at the phone screen waiting for her to reply.

agent - April 11, 2022, 5:37 pm

(Apr 11, 2022 05:35 PM)Zexo Wrote: [\[CITE\]](#) Smoke and take melatonin. And look at the phone screen waiting for her to reply.

I think a lot of us do this one !

Laughing Man - April 11, 2022, 5:40 pm

(Apr 11, 2022 05:37 PM)Agent Wrote: [\[CITE\]](#) I think a lot of us do this one !

I use to do this.

L A M - April 11, 2022, 5:41 pm

I just stay up until I'm about to sleep. I'm a long days kind of person I suppose.

No Bra - April 11, 2022, 6:04 pm

(Apr 11, 2022 05:41 PM)L A M Wrote: [\[CITE\]](#) I just stay up until I'm about to sleep. I'm a long days kind of person I suppose.

Not jerk off?

Laughing Man - April 11, 2022, 6:12 pm

(Apr 11, 2022 06:04 PM)NobGra Wrote: [\[CITE\]](#) Not jerk off?
That does help in some situations, however not always.

No Bra - April 11, 2022, 6:13 pm

(Apr 11, 2022 06:12 PM)Laughing Man Wrote: [\[CITE\]](#) That does help in some situations, however not always.
Always help bro....

Laughing Man - April 11, 2022, 6:15 pm

(Apr 11, 2022 06:13 PM)NobGra Wrote: [\[CITE\]](#) Always help bro....
Maybe for you? I don't know I am an insomniac I don't have the same response as everyone else.

I am always Tried due to hyper-somnia and I'm never sleeping long enough due to insomnia.

Blunt - April 11, 2022, 6:17 pm

Hit my cart till it hits a blinker about 4 times

Laughing Man - April 11, 2022, 6:17 pm

(Apr 11, 2022 06:17 PM)Blunt Wrote: [\[CITE\]](#) Hit my cart till it hits a blinker about 4 times
lol lots of people do that?

Blunt - April 11, 2022, 6:18 pm

(Apr 11, 2022 06:17 PM)Laughing Man Wrote: [\[CITE\]](#) lol lots of people do that?
A medical cart. I have a dispensary card ?

No Bra - April 11, 2022, 6:19 pm

(Apr 11, 2022 06:15 PM)Laughing Man Wrote: [\[CITE\]](#) Maybe for you? I don't know I am an insomniac
I don't have the same response as everyone else.

I am always Tried due to hyper-somnia and I'm never sleeping long enough due to insomnia.
I read some articles long time that says masturbation can cure insomnia.

Laughing Man - April 11, 2022, 6:21 pm

(Apr 11, 2022 06:19 PM)NobGra Wrote: [\[CITE\]](#) I read some articles long time that says masturbation
can cure insomnia.
Press X to Doubt, I beat my meat like it fucking owes me millions of dollars.

I have an INSANELY high sex drive.

L A M - April 11, 2022, 6:29 pm

(Apr 11, 2022 06:04 PM)NobGra Wrote: [\[CITE\]](#) Not jerk off?
Nope! Just until I'm about to fall asleep on my desk, which does happen.

Laughing Man - April 11, 2022, 6:51 pm

(Apr 11, 2022 06:29 PM)L A M Wrote: [\[CITE\]](#) Nope! Just until I'm about to fall asleep on my desk,
which does happen.
Lol oddly specific situation.

L A M - April 11, 2022, 8:27 pm

(Apr 11, 2022 06:51 PM)Laughing Man Wrote: [\[CITE\]](#) Lol oddly specific situation.
It's bad. At one point I was struggling to find well paying work doing freelance art and I think in a
single week I woke up leaning over my keyboard and kept working 4 days in a row. I knew a few

people who were full time artists (before the rise of the internet) and they always struggled. We all know freelance work can be hard. Put the two together and unless you're well known you're absolutely fucked.

Laughing Man - April 11, 2022, 9:14 pm

(Apr 11, 2022 08:27 PM)L A M Wrote: [\[CITE\]](#) It's bad. At one point I was struggling to find well paying work doing freelance art and I think in a single week I woke up leaning over my keyboard and kept working 4 days in a row. I knew a few people who were full time artists (before the rise of the internet) and they always struggled. We all know freelance work can be hard. Put the two together and unless you're well known you're absolutely fucked.

Yikes focus on keeping yourself healthy. I'd hate for something to go wrong.

L A M - April 11, 2022, 10:06 pm

(Apr 11, 2022 09:14 PM)Laughing Man Wrote: [\[CITE\]](#) Yikes focus on keeping yourself healthy. I'd hate for something to go wrong.

Ah that was a while ago. I'm headed to stable housing while I get my shit together again and rely on a steady job once more. Will never rely on freelance as fulltime again. At least when it comes to art, had some good luck with webdev before covid.

Laughing Man - April 11, 2022, 10:10 pm

(Apr 11, 2022 10:06 PM)L A M Wrote: [\[CITE\]](#) Ah that was a while ago. I'm headed to stable housing while I get my shit together again and rely on a steady job once more. Will never rely on freelance as fulltime again. At least when it comes to art, had some good luck with webdev before covid.

Glad to hear stuff is turning around. Keep strong you'll persevere.

Heisenberg - April 12, 2022, 3:53 am

(Apr 11, 2022 05:10 PM)Agent Wrote: [\[CITE\]](#) Damn and knocks you right out hey ?

It gets rid if restlessness, helping me relax, so yeah knocks me out most of the time. I noticed it works better when I don't drink caffeine in the morning.

Laughing Man - April 12, 2022, 4:29 am

Can't sleep so reading this for ideas.

MasFresco - April 14, 2022, 5:06 pm

I took some schrooms yesterday for the first time man oh man, i literally couldnt sleep. Never again.

Snoopti - April 25, 2022, 6:58 pm

Watching youtube or some show on netflix

Vip?r - April 25, 2022, 7:00 pm

Go on my phone till I do or use noise cancelling earbuds

Yanix - April 26, 2022, 7:14 pm

Netflix movies/series really helps me when I find it hard to sleep at night.

hhoneywell - April 26, 2022, 10:31 pm

Honestly I love to work when everyone's sleeping. Give me a sense of security. I also know I need to be actively looking for something else. But it's hard jumping to find a job I love when you don't have it financially. Staying focused is key though always.

Migos - April 27, 2022, 12:25 am

(Apr 7, 2021 10:30 PM)Agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

Brother i smoke like nonstop and still have the worst insomnia.

Personally i find it that i only need 2-6 hours of sleep.

Currently so addicted to earning i think its causing obsessive like behaviors , ie not able to stop
thinking of how im gonna make my next "Bag"

Currently rolling up a joint now while i work lol.

Moseby - April 27, 2022, 1:56 am

Usually I try to lay down in bed because if I get up I will never get back down.

Playing some boring game like Soduko or similar on my phone til I get bored usually does the trick

DeepWeb - April 27, 2022, 2:57 am

i take sleeping pills, i can never sleep without them anymore.

lynakouba - April 30, 2022, 7:00 pm

i read this forum's threads :D

SourceCode101 - April 30, 2022, 7:58 pm

going for walk , and maybe after that i will sleep

Blunt - April 30, 2022, 8:12 pm

I take a fat ass dab see the stars and fall back asleep

SoulHarvester - April 30, 2022, 9:34 pm

I like to workout a little later to help combat any sleeplessness and when I stop this I usually get bad.

Migos - May 1, 2022, 6:21 am

Well everyday this week not sleeping its pretty tough..... work is to addicting.

hexx - May 1, 2022, 8:21 am

I've come to find out if I lay there and close my mind, eventually I fall asleep. Had to stop eating late
night snacks before bed also found out those kept me awake

Pound - May 1, 2022, 8:35 am

Roll a big fat joint that normally does the trick

7777777 - May 1, 2022, 9:02 am

wrangle with the mamba SSSSSSNAKE

Getgood2day - May 1, 2022, 12:17 pm

I try to wind down pretty so I don't have to occupy myself to get tired but if I had to I watch a show
I've already seen a million times like The Office

agent - May 3, 2022, 10:12 pm

Some hq posts in this thread love to see it

ghostboy - May 4, 2022, 8:33 am

(May 1, 2022 09:02 AM)7777777 Wrote: [\[CITE\]](#) wrangle with the mamba SSSSSSSNAKE
do you mean jerk off?

agent - May 4, 2022, 9:40 am

(May 4, 2022 09:38 AM)Nintendo 64 Wrote: [\[CITE\]](#) I either smoke until I pass out or just play YouTube/Netflix in the background and listen to it as I pass out.

? All hail

? king [skull](#)

Nice to see you bro !

smoke till pass out seems like the only way! ?

CPA Exposé - May 4, 2022, 9:42 am

Alcohol usually does the trick

coco. - May 4, 2022, 9:47 am

I throw on an audiobook. They gotta have a soothing voice so I can venture off to lala land!

DemonAsylum - May 4, 2022, 2:16 pm

If I'm in bed and have that feeling of knowing I just can't fall asleep quite yet than I'll usually get up and go watch something or play a game. Normally won't be too long after a bit of that before I get tired enough to go knock out.

65DUD - June 1, 2022, 10:22 pm

Well normally i start thinking about stupid things in life or simply overthink problems.

Eonx - June 2, 2022, 11:38 am

Just answering OP here without reading thread. I just smack my dab pen, wait a couple minutes to kick in then I'm out like a light in 30 seconds. It's amazing. Usually I'm the kind of person to have to lay in bed until dying of exhaustion to fall asleep.

Ambie - June 2, 2022, 12:30 pm

Play some games or just watch stuff on YT till i get tired

Nullusia - June 3, 2022, 8:01 am

I usually watch videos of the cosmos or listen to music

agent - June 15, 2022, 8:31 pm

(Jun 2, 2022 12:30 PM)Ambie Wrote: [\[CITE\]](#) Play some games or just watch stuff on YT till i get tired
what most of us do but sometimes does not work!

Shrooms - June 15, 2022, 8:34 pm

Mostly game or just lay there watching absolute crap until I eventually fall asleep. Do this most nights as I have trouble sleeping at normal times.

agent - June 15, 2022, 8:35 pm

(Jun 15, 2022 08:34 PM)Shrooms Wrote: [\[CITE\]](#) Mostly game or just lay there watching absolute crap until I eventually fall asleep. Do this most nights as I have trouble sleeping at normal times.
im with you on watching the absolute crap till u cant handle it anymore pass out

Upgrader - June 15, 2022, 9:08 pm

(Jun 15, 2022 08:35 PM)agent Wrote: [\[CITE\]](#) im with you on watching the absolute crap till u cant handle it anymore pass out

Then something boring comes on autoplay and you give up ?

Raymond Reddington - June 15, 2022, 11:04 pm

Personally haven't had an issue going to sleep, it mostly depends on how your sleep cycle is. If you're used to sleeping at X time of the day, then you generally only feel sleepy at the same time.

Taking a few extra naps during the day would help you to modify your sleep schedule slowly.

Zont - June 20, 2022, 1:09 pm

reading manga, watching netflix ,playing pc games

Basilisk - June 20, 2022, 1:30 pm

https://www.reddit.com/r/gifs/comments/505b8d/the_mask_gifs/

vegetajgd - June 20, 2022, 3:25 pm

Ohh when I was in my studying days - school or college: and If i really wanted to sleep but couldn't then i would just open my books to study and bang within no time i am OFF to sleep :P

But if there i am doing timepass late night i would be generally watching a series/playing Dota 2 lmao.

agent - July 11, 2022, 1:50 pm

(Jun 20, 2022 03:25 PM)vegetajgd Wrote: [\[CITE\]](#) Ohh when I was in my studying days - school or college: and If i really wanted to sleep but couldn't then i would just open my books to study and bang within no time i am OFF to sleep :P

But if there i am doing timepass late night i would be generally watching a series/playing Dota 2 lmao.

Big nerd over here hey!!

Isolate - July 11, 2022, 2:14 pm

I'll normally watch some videos on youtube, if my medicine isn't working.

I have insomnia so I take rimron to sleep works great. :D

agent - July 11, 2022, 7:27 pm

(Jul 11, 2022 02:14 PM)Isolate Wrote: [\[CITE\]](#) I'll normally watch some videos on youtube, if my medicine isn't working.

I have insomnia so I take rimron to sleep works great. :D

Aye that stuff works great for me to sleep to bro!

Story - July 12, 2022, 7:17 am

I put some music on, especially some kind of meditation music, even though I love rock/metal :)

cRuci4L - July 12, 2022, 8:17 am

I either read on my kindle or scroll through TikTok

agent - July 12, 2022, 9:53 pm

(Jul 12, 2022 08:17 AM)cRuci4L Wrote: [\[CITE\]](#) I either read on my kindle or scroll through TikTok tiktok till u can no longer handle the videos !?

Made us money - July 12, 2022, 10:12 pm
usually watching porn and using hf

ven0m - July 12, 2022, 10:16 pm
I mostly listen to audiobooks.

.TEN - July 12, 2022, 10:52 pm
I go for a long drive, always clears my head.

Gary - July 13, 2022, 5:58 am
Usually browse the internet as that's probably why I couldn't sleep to begin with.

Jake Johnson - July 13, 2022, 7:09 am
I usually never have any trouble sleeping. I'm a person that I fall asleep shortly after setting my head down on my pillow. However, in the very rare scenario that I can't fall asleep I usually just start going on my phone. Eventually, if I feel like I won't be able to actually fall asleep I will just get up a lot earlier than I normally would.

VGO - July 13, 2022, 7:16 am
I smoke a blunt usually it helped.

agent - July 14, 2022, 9:52 pm
(Jul 13, 2022 07:16 AM)VgoStore Wrote: [\[CITE\]](#) I smoke a blunt usually it helped.
Blunts always help to ease the mind when u cant sleep no cap

(Jul 13, 2022 07:09 AM)Jake Johnson Wrote: [\[CITE\]](#) I usually never have any trouble sleeping. I'm a person that I fall asleep shortly after setting my head down on my pillow. However, in the very rare scenario that I can't fall asleep I usually just start going on my phone. Eventually, if I feel like I won't be able to actually fall asleep I will just get up a lot earlier than I normally would.
I wish it was that easy for me soon as set my head down my mind just starts wondering like crazy

SIM-4967151 - July 15, 2022, 5:24 am
been going to gym recently so there's that, otherwise just YouTube

???? - July 15, 2022, 10:45 pm
No disrespect to the Bible but if you want to sleep like a rock, Dig in

agent - July 19, 2022, 7:02 pm
(Jul 15, 2022 10:45 PM)Sanctus Wrote: [\[CITE\]](#) No disrespect to the Bible but if you want to sleep like a rock, Dig in
I will have to try this sometime

GamingEnergyFDD - September 6, 2022, 1:42 pm
(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't
the next day.

Any Recommendations

Youtube vids

Charlie Sheen - September 6, 2022, 2:25 pm

I cycle between a couple diphenhydramine 50mg which is basically benadryl, and melatonin 10mg.

Once I build up a tolerance I switch it up. I don't know if it works or if I convince myself it works. Some nights I can't seem to turn off my brain.

Pikachu - September 6, 2022, 3:31 pm

I'd smoke some herb or watch TV till I fall asleep but it doesn't always work. Sometimes I'm just tossing and turning til my morning alarm goes off. Sucks then I have to goto work all tired

Swordsman - September 7, 2022, 1:03 pm

Playing a slow rock music from my gadget with drinking a cup of coffee, it makes me feel comfortable.

Greta - September 7, 2022, 1:21 pm

A bit of relaxing music and a blunt. Sometime I also take a bath.

DashPHP - September 7, 2022, 11:38 pm

[agent](#) for someone like you who cannot sleep, boy u needa work more :)

diablospartan - September 8, 2022, 12:26 am

Well i just stay on my phone ,watching yt videos about affiliate marketing etc until i feel tired

Chrisy - September 8, 2022, 1:57 am

(Apr 7, 2021 10:38 PM)OBAMASELF Wrote: [\[CITE\]](#) I just wank and fell alseep

P.s Doing it for the past decade and every-time it works especially when I can't sleep
^^

Warune79 - September 8, 2022, 3:17 am

Wathing youtube, twitch or doing video courses about pentesting x)

agent - October 17, 2022, 8:17 am

(Sep 8, 2022 03:17 AM)Warune79 Wrote: [\[CITE\]](#) Wathing youtube, twitch or doing video courses about pentesting x)

YouTube till your brain cannot handle anymore ?

StuffSneak - October 17, 2022, 9:23 am

Pretty much Netflix / Youtube on phone. Although looking at this thread, there are some good ideas :)

pms - October 17, 2022, 10:34 am

Recently ive been smoking hash if i cant sleep.

Heisenberg - October 17, 2022, 11:30 am

Quote:THC decreases the amount of time you spend in rapid eye movement (REM) sleep

<https://www.sleepfoundation.org/sleep-aids/cannabis-and-sleep>

sweatpants - October 17, 2022, 1:04 pm

Lately I just watch a couple YT shorts and I'm already falling asleep

Sys-3200 - October 17, 2022, 1:37 pm

(Apr 7, 2021 10:38 PM)OBAMASELF Wrote: [\[CITE\]](#) I just wank and fell asleep

P.s Doing it for the past decade and every-time it works especially when I can't sleep
Totally relatable, I found myself doing this too and I can confirm it indeed works

Otherwise I just put some Twitch stream or Youtube video playing on my phone and slowly fall asleep

DeepWeb - October 17, 2022, 1:51 pm

right now im drinking a lot of water, smoking just to fall asleep

TributeKiller - October 17, 2022, 6:45 pm

i usually end up jerking off and taking meltatonin

jcole - October 17, 2022, 8:34 pm

Lately I have been watching YouTube shorts and posting on HF.

lol - October 17, 2022, 8:37 pm

Just sex with my wife if shes awake lmao and watch videos on tiktok

jcole - October 17, 2022, 8:56 pm

(Oct 17, 2022 08:37 PM)lol Wrote: [\[CITE\]](#) Just sex with my wife if shes awake lmao and watch videos on tiktok

That's something fun to do. ?

TributeKiller - October 17, 2022, 9:29 pm

(Apr 7, 2021 11:19 PM)Zero Wrote: [\[CITE\]](#) I can literally fall asleep anywhere in minutes.

I usually like to watch Netflix and fall asleep with that.

thats a hidden power for sure wish it was that easy for me

lol - October 17, 2022, 10:56 pm

(Oct 17, 2022 08:56 PM)jcole Wrote: [\[CITE\]](#) That's something fun to do. ?

Always haha works like a charm. But the thing is, I get hungry afterwards.

Yanix - October 17, 2022, 11:13 pm

(Oct 17, 2022 08:37 PM)lol Wrote: [\[CITE\]](#) Just sex with my wife if shes awake lmao and watch videos on tiktok

The best answer so far hahaha watching video after a fun night with your wife.

mickeh - October 19, 2022, 6:54 pm

I normally just roll another joint or put on a movie to fall asleep to

evil zone - October 20, 2022, 4:51 am

i masturbate. then I'll watch a series or anime

Bastille - October 20, 2022, 4:54 am

I wake up, turn on my pc, and learn

After reading 1 hour, my eyes usually start to close themselves, and then I'm going to bed again

and it usually works

DeepWeb - October 20, 2022, 5:09 am

Yesterday i just watched sponge bon until i fell asleep

Seaking - October 20, 2022, 12:12 pm

I try to think of a movie i've seen a bunch or something fun I did last weekend.

DeepWeb - October 20, 2022, 12:44 pm

got back from work today, im watching some spongebob again and reading some threads on hf.

agent - October 23, 2022, 10:52 am

(Oct 20, 2022 12:12 PM)Seaking Wrote: [\[CITE\]](#) I try to think of a movie i've seen a bunch or something fun I did last weekend.

Seems like a good way

(Oct 20, 2022 12:44 PM)DeepWeb Wrote: [\[CITE\]](#) got back from work today, im watching some spongebob again and reading some threads on hf.

Good way to go about it bro

DeepWeb - October 23, 2022, 2:04 pm

today i willl just browse hf and watch some spongebob

agent - October 23, 2022, 2:19 pm

(Oct 23, 2022 02:04 PM)DeepWeb Wrote: [\[CITE\]](#) today i willl just browse hf and watch some spongebob

hell ya sounds like a relaxing time

Slim - October 23, 2022, 2:57 pm

Watch youtube is the only correct answer. Put on someone whose voice you like. You'll fall back asleep quickly.

mimmort8890888 - October 30, 2022, 6:06 pm

I recommend to relax. or listen to classical music or sea music

Jinu - October 30, 2022, 6:18 pm

When I feel don't sleep, I used to listen to music. Or watch any movies.

DeepWeb - October 31, 2022, 2:21 pm

watch some cartoon, it makes me relaxed.

TB12GOAT - October 31, 2022, 3:16 pm

Turn on some podcasts or anime.

InHackerForum - October 31, 2022, 3:34 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

Jerk off, but take your time... meaning edge. It'll make you feel sleepy which you will sleep faster. Or you could do this and smoke the devils lettuce at the same time :)

agent - December 16, 2022, 6:30 am

(Oct 31, 2022 03:34 PM)InHackerForum Wrote: [\[CITE\]](#) Jerk off, but take your time... meaning edge. It'll make you feel sleepy which you will sleep faster. Or you could do this and smoke the devils lettuce at the same time :)

Interesting ?

Joel - December 16, 2022, 7:01 am

wrestle the snake if you catch my drift

Melodies - December 16, 2022, 7:34 am

I've realised I find it way easier to sleep if I just start watching videos and stuff, eventually my eyes start closing and it's that easy.

AbnormalOne - December 16, 2022, 10:59 am

I develop intricately detailed fantasy scenarios in my head of my perfect life and the things I do and who with. It's a form of meditation really and I can usually feel the endorphines that are released as a result.

Seaking - December 16, 2022, 11:18 am

I think about winning the lottery and what I would do with the money. I've done this enough times that thinking about winning the lottery helps put me to bed faster than counting sheep.

MightyOne - December 16, 2022, 11:47 am

Nowadays I usually smoke a joint and that does the job well,
If not I try to roam around IG\TT to get my mind off the trouble until I fall asleep

Soronrheeyi - December 16, 2022, 11:52 am

breathe in through your mouth for a count of four (doesn't need to be seconds, but the count needs to be consistent throughout), hold it for a count of seven, then breathe out for a count of eight. Repeat. I do this until my mind relaxes. I can usually fall asleep within 10 minutes doing this. And I fight terrible insomnia. I also switched from coffee to black tea and I take two valerian at night. I also try to keep sugar after about noon to a minimum. For me it was all about cortisol levels.

alepolo101 - December 16, 2022, 7:20 pm

I start imagining elaborate self insert stories and eventually fall asleep to them. Sometimes it even influences my dreams.

Swordsman - December 17, 2022, 9:25 am

It got me many times, can't be sleep at late nite. I have bad habits which insomnia and spent almost 2 box of cigarettes everynight.

usman hussain - December 17, 2022, 10:33 am

I been searching these forums to make money but they all bullshit

Anyone genuinely know how to make cash on here or through here

agent - December 19, 2022, 1:10 pm

(Dec 17, 2022 11:33 AM)usman hussain Wrote: [\[CITE\]](#) I been searching these forums to make money but they all bullshit

Anyone genuinely know how to make cash on here or through here
Things don't happen over night my friend be patient

Komodo - December 19, 2022, 1:10 pm

(Dec 19, 2022 02:10 PM)agent Wrote: [\[CITE\]](#) Things don't happen over night my friend be patient
They always say they search everywhere, then make a random post on a thread that has nothing to do with what they want.
I call BS lol.

Maskin - December 19, 2022, 1:22 pm

Used to be weed but I quit so now I only fall asleep if I'm really tired. But if I have to go to bed and I'm not tired, putting the phone on low brightness and night mode to watch some youtube works very well.

agent - December 19, 2022, 3:02 pm

(Dec 19, 2022 02:22 PM)Meh Wrote: [\[CITE\]](#) Used to be weed but I quit so now I only fall asleep if I'm really tired. But if I have to go to bed and I'm not tired, putting the phone on low brightness and night mode to watch some youtube works very well.

Weed is my go to always if i cannot sleep!DAMN sounds like u stay awake till just pass out where u are!

Dimming the phone is a must !

Nostre - December 19, 2022, 3:28 pm

Normally I'll put on a podcast and doze off. I tried a few different medications to help with my insomnia but they never worked.

agent - December 19, 2022, 4:00 pm

(Dec 19, 2022 04:28 PM)Genuine Wrote: [\[CITE\]](#) Normally I'll put on a podcast and doze off. I tried a few different medications to help with my insomnia but they never worked.

Podcasts till you can no longer handle them and pass out is a good way.

Damn medication isn't always the answer but depending on the person it can

Nostre - December 19, 2022, 4:02 pm

(Dec 19, 2022 05:00 PM)agent Wrote: [\[CITE\]](#) Podcasts till you can no longer handle them and pass out is a good way.

Damn medication isn't always the answer but depending on the person it can

I'm not against it as I tried it myself at a point in time, but there are things you can do to improve your sleeping habits.

Prettykitty - December 19, 2022, 7:37 pm

Lately been entering contests late at night. However it's the opposite. I sleep late cause of them. I never have any trouble falling asleep as always.

Lavish Living - December 19, 2022, 7:41 pm

I jerk off and watch poker live stream YouTube highlights bc I love poker and it jerking off exerts lots of energy so good mix

SourceCode101 - December 19, 2022, 7:41 pm

I must sleep , but because i know i won't probably i will watch some netflix and chill , because i must

get up early in around 3hours

gabagool111 - December 19, 2022, 7:51 pm

This thread has actually been a lot of help xD never knew HF could be used for something like this but a pleasant surprise. I used to just count until i just fell asleep and it was miserable especially if i've had too much caffeine that day

Endorphins - December 19, 2022, 8:16 pm

Whenever I am already in bed and my eyes aren't tired enough for them to close, I am searching for ASMR videos on YouTube.

It is working for me since I was also subscribed to YouTube Premium so there was no ad interruption.

SourceCode101 - December 19, 2022, 8:18 pm

(Dec 19, 2022 09:16 PM)Endorphins Wrote: [\[CITE\]](#) Whenever I am already in bed and my eyes aren't tired enough for them to close, I am searching for ASMR videos on YouTube.

It is working for me since I was also subscribed to YouTube Premium so there was no ad interruption.

Autonomous sensory meridian response (ASMR) is a tingling sensation that usually begins on the scalp and moves down the back of the neck and upper spine.

Endorphins - December 19, 2022, 8:23 pm

(Dec 19, 2022 09:18 PM)SourceCode101 Wrote: [\[CITE\]](#) Autonomous sensory meridian response (ASMR) is a tingling sensation that usually begins on the scalp and moves down the back of the neck and upper spine.

It is. I also plug my wireless earphone in and listen to white noise. A video with the sound of rain on a loop was a great one for me and it may also work for others here.

Yanix - December 19, 2022, 8:54 pm

(Dec 19, 2022 09:23 PM)Endorphins Wrote: [\[CITE\]](#) It is. I also plug my wireless earphone in and listen to white noise. A video with the sound of rain on a loop was a great one for me and it may also work for others here.

Sometimes I fall asleep having my wireless earphone on my left ear while listening on some cool music at night but most of the times I watch movies when I can't sleep.

Nostre - December 19, 2022, 9:13 pm

(Dec 19, 2022 09:54 PM)Yanix Wrote: [\[CITE\]](#) Sometimes I fall asleep having my wireless earphone on my left ear while listening on some cool music at night but most of the times I watch movies when I can't sleep.

This is actually how I fall asleep while listening to podcasts. I can't risk waking my GF up, so I'll wear an earbud. ?

Yanix - December 19, 2022, 9:18 pm

(Dec 19, 2022 10:13 PM)Genuine Wrote: [\[CITE\]](#) This is actually how I fall asleep while listening to podcasts. I can't risk waking my GF up, so I'll wear an earbud. ?

Yeah same with my 2 kids and my wife. I don't want to bother them while they are sleeping when I am watching or listening for some music at night.

The kids always wanted to be with us on bed so we just put 2 queen size bed together so we can all be on same bed at night haha.

Nostre - December 19, 2022, 9:26 pm

(Dec 19, 2022 10:18 PM)Yanix Wrote: [\[CITE\]](#) Yeah same with my 2 kids and my wife. I don't want to bother them while they are sleeping when I am watching or listening for some music at night.

The kids always wanted to be with us on bed so we just put 2 queen size bed together so we can all be on same bed at night haha.

Exactly. We purposely try to not disturb them while they're sleeping, but once we go to bed, they're the loudest in the room. ?

theDuke - December 19, 2022, 9:35 pm

I do things differently most nights. But tonight consists of rosemary tea, Pineapple Express, double apple and some Johnny walker black label. Possibly some MW2 in a bit

Yanix - December 19, 2022, 9:35 pm

(Dec 19, 2022 10:26 PM)Genuine Wrote: [\[CITE\]](#) Exactly. We purposely try to not disturb them while they're sleeping, but once we go to bed, they're the loudest in the room. ?

Hahaha yeah they were the boss and we need to please them lol ?

I just can't stop ? posting and now while having my meal, still need to grind for the last ornament ball lmao ?

Dripstur - December 19, 2022, 9:37 pm

If I know I'm not gonna be able to sleep I usually just turn on some YouTube or Netflix.

Jinu - December 19, 2022, 10:45 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't the next day.

Any Recommendations

If I feel don't sleep, I would watch Reels. In before, I used to watch Tiktok but now it has been banned.

If not, the second option would be to watch any movies. The downside is, by the end of the movie, it will be the time to wake up -- worst scenario ever I faced.

In some other time, I have watched movies till 8AM in the morning. But you have to sacrifice the whole holiday morning.

FigStreet - December 20, 2022, 1:07 am

Can't really say in polite company..

(play league of legends)

jcole - December 20, 2022, 1:18 am

(Dec 20, 2022 02:07 AM)throwaway124578 Wrote: [\[CITE\]](#) Can't really say in polite company..

(play league of legends)

What rank and role are you in League? I'll play an aram with you.

\$neaky - December 20, 2022, 3:54 am

i have insomnie so this is common for me.. well, i just browse random shit, watch random vids on youtube. but lately I've been prompting a lot with chatgpt about random shit i wanna try

houdini0x - December 20, 2022, 4:33 am

Most of the time I learn some new stuff and it helps me to get to sleep

sisko - December 31, 2022, 11:31 pm

You might not be able to sleep 'cause you've had too much caffeine and feel a bit anxious. Your sleep schedule could've also messed you up. When using a device, apply the orange light filter and wear some computer glasses. Try eating a big carb + fat meal, this is proven to make you feel sleepy and lazy.

If you smoke alot, getting too high will make you feel groggy the next day and may have a negative impact on executing your tasks. If you got too much on your mind, it's okay. We all go through this, especially when we care about where our lives are going. Stay focused, remember it will be okay, try to control your thoughts and understand how important it is for you to be well rested for another long day.

forever - January 1, 2023, 7:25 pm

I try to get comfy and take some deep breaths. I relax as much as possible and just close my eyes. I focus on my breathing and clear my mind. Sometimes I'll listen to relaxing music or meditate. Other times I'll read a book or watch a movie. Sometimes I just enjoy the silence and the peace.

soonergreen - January 2, 2023, 12:59 am

Wank it then come to hf and try to get enough posts to do stuff

Rahul007rhp - January 2, 2023, 1:52 am

Watch a Netflix movie , YouTube and chill
Then dose off the bed.

Yodawarrior2 - January 2, 2023, 6:10 am

Usually drink a bit and then pass out

Zeeboi - January 2, 2023, 8:33 am

Most of the time browse phone if i end up rolling around the bed without a hint of falling asleep this is sometimes super annoying when you gotta get ur ass up early, glad it doesn't happen often tho

agent - January 28, 2023, 11:00 pm

(Dec 20, 2022 04:54 AM)\$neaky Wrote: [\[CITE\]](#) i have insomnie so this is common for me.. well, i just browse random shit, watch random vids on youtube. but lately I've been prompting a lot with chatgpt about random shit i wanna try

You ant alone on that one brother

dismayed - January 29, 2023, 12:16 pm

Yoga Nidra helps me sleep in 30 minutes or so.

Diabolic - January 29, 2023, 12:44 pm

Started playing low volume rain sounds as of late. Definitely has helped me drift off quicker. Other

white noise might work better for you but it has definitely helped for me. Been on Ashwaganda and that has indirectly helped my sleep too.

agent - February 21, 2023, 5:51 pm

(Jan 29, 2023 01:44 PM)Diabolic Wrote: [\[CITE\]](#) Started playing low volume rain sounds as of late. Definitely has helped me drift off quicker. Other white noise might work better for you but it has definitely helped for me. Been on Ashwaganda and that has indirectly helped my sleep too. I will have to give this a go for sure !

clivensmith - February 22, 2023, 5:02 am

play video games, my fav

????? - March 2, 2023, 6:00 pm

I watch netflix and use instagram if i awake till late night.

Mercury - March 2, 2023, 6:00 pm

I've had insomnia my entire life. I discovered Zquil when I was a teenager and I never looked back. Almost always does the trick.

Jim1765 - March 8, 2023, 12:13 pm

You also like to screw people out of money for services not rendered.

cYBEROPTICS - March 11, 2023, 11:20 am

Roll back and fourth thinking about how I said that dumb shit that one time 9 years ago. Then somehow fall asleep and when my alarm goes off feels like I just blinked.. gotta love it.

Tons of weed and maybe a shot of whiskey or two.

Laughing Man - March 11, 2023, 1:29 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

I smoke weed to sleep!

Eggsy - March 11, 2023, 2:01 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

If I haven't already, I'll take some melatonin, make some night tea, and get up and stretch a little. Definitely stay off my phone and keep the lights off.

ericsaltz23 - April 7, 2023, 1:27 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

I watch a movie I hate so it makes me want to go to sleep or I wank off if we keeping it real

MLife4 - April 7, 2023, 2:37 pm

Take a dab & relax brotha ??

Rastoko - April 7, 2023, 2:37 pm

Reading old Satoshi's posts.

shehry - April 7, 2023, 4:06 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

smoke a joint

padrino - April 7, 2023, 4:30 pm

Masturba... I mean uh... reading. Yeah, I read when I cant sleep.

Grim - April 7, 2023, 7:44 pm

count sheep, watch some boring nature show or read

thewhitespades - April 7, 2023, 7:51 pm

finding places like this. its cool to talk to like-minded people

[dot] - April 7, 2023, 8:57 pm

Reading some historical bool with playing some country musics.

wojack - April 7, 2023, 9:15 pm

I got lost with thoughts and getting depressed everyday for not knowing what my roadmap is or what to do to learn a thing and to stick with it till I profit from it. Some people look for happiness and some for money, rarely balancing with them. Always waiting for a miracle to change my life and I know its a waste of time.

LockFryer - April 7, 2023, 10:04 pm

The app Headspace is AMAZING especially when I wake up in the middle of the night. I also have two separate playlists I alternate between depending on the time when I'm trying to sleep.

Midi-Chlorian - April 7, 2023, 10:41 pm

I usually exercise everyday during the day so my ability to fall asleep is quicker than normal.

oRequiem - April 8, 2023, 12:14 am

(Apr 7, 2023 07:44 PM)Grim Wrote: [\[CITE\]](#) count sheep, watch some boring nature show or read
Do people really count sheep? I've tried that once and I felt like I was losing my mind lol.
I almost feel like it keeps me awake more than anything.

Vector11 - April 8, 2023, 12:46 am

Watch videos on YouTube until I get sleepy or tired

?{ RadioActive Hack }? - April 8, 2023, 7:33 am

Weed or jerk it till it hurts. Lol

B3A - April 8, 2023, 8:24 am

I eat some cali weed.

Always helps with these kind of problems

Clanbreaker - April 23, 2023, 9:40 am

Honestly I'll just play games on my computer until I'm bored and fatigued enough to fall asleep. Some games that help me get into a sleeping mood are Minecraft, Fallout 4, and Skyrim. Playing games such as these relaxes my mind in a strange way similar to decluttering my room / sorting flowers in a garden if that makes sense.

Dread.Reaper - April 23, 2023, 9:50 am

Smoke weed, contemplate and theorize about stuff.

Some of my best ideas come from these nights TBH.

SSFN - April 23, 2023, 9:52 am

I usually smoke myself to sleep also, but sometimes that just makes it worse.
Benzos are the way to go.

DashPHP - April 23, 2023, 12:13 pm

I'll be on my phone researching or watching something.

KING ROB - April 24, 2023, 6:04 am

go on my phone and not sleep

darkseid007 - April 24, 2023, 10:13 am

I wank sometimes xddd.. just kd i see a movie or smoke up

Rodriguez - April 24, 2023, 11:41 am

I actually do a little bit of exercise and my body shuts itself down.

Zastava - April 24, 2023, 12:25 pm

"The devil's lettuce" in my opinion is the healthiest way to fall asleep. Combining that with a wank can make you fall instantly.

SirGarbagelo - April 24, 2023, 4:15 pm

I go and take long runs or do exercise. getting in a hot tub is also good

Supgrade - April 25, 2023, 10:08 am

I smoke some weed and its automatic

monkeyrich - April 25, 2023, 11:20 am

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

I just smoke my hash and fell asleep

darkwizard8 - April 25, 2023, 12:27 pm

Well since I stopped smoking can't sleep good anymore so I been staying up trying to learn how to hack

Russian bear - April 25, 2023, 1:49 pm

I'm here looking for answers at night,Up to this point, I've found reading to be quite dull, so I think I'll call it a night and head to bed. I suppose I've found a way to fall asleep at night.

DashPHP - April 25, 2023, 2:23 pm

being able to research shiz on the phone is pretty dope.

steamwick - April 25, 2023, 2:41 pm

I usually browse SM or watch my favorite comedians on YT till I fall asleep.

Grim - April 25, 2023, 5:40 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

read a book, listen to soothing music, meditate, or practice relaxation techniques to help me fall asleep. It's also important to create a sleep-conducive environment, such as a cool and dark room, and avoid stimulating activities before bedtime.

goldwhite - April 25, 2023, 6:47 pm

now I have the habit of opening tiktok and watching videos while I'm about to fall asleep, it's become a drug, if I'm with my phone empty, first I charge it a little and then I go to bed with him

Venrera667 - April 25, 2023, 6:57 pm

I go to the omegle site to talk to strangers

goldwhite - April 25, 2023, 6:58 pm

(Apr 25, 2023 06:57 PM)Venrera667 Wrote: [\[CITE\]](#) I go to the omegle site to talk to strangers
Oh my god, don't tell me you're the classic guy who falls asleep while video chatting with people ??
?

Venrera667 - April 25, 2023, 7:04 pm

(Apr 25, 2023 06:58 PM)goldwhite Wrote: [\[CITE\]](#) Oh my god, don't tell me you're the classic guy who falls asleep while video chatting with people ???

Nah, don't worry xD I listen to people telling me about their lives without showing my naked body ?

Godlike - April 25, 2023, 7:49 pm

Shitposting on Reddit for me, boss

jack12345 - April 26, 2023, 1:13 am

i like to curl up in a ball and cry.

Helplessoul - April 26, 2023, 3:55 am

Work until I literally can't keep my eyes open

Pootje - May 13, 2023, 1:35 am

Watching The Vampire Diaries

vatdoveacid - May 13, 2023, 11:27 pm

Try to watch streaming for the most part

Sellital7even - May 18, 2023, 8:50 pm

Can't pm yet but pm me your tg..... Just looking for honest jp6 4.0 hack with no bs games not paying for anything else till I see the product works too many scams been ran

S????S??? - May 18, 2023, 9:15 pm

Usually i get a sleep everyday, but I'm bit more involved in spiritual I listen instrumental music which calm my mind a bit and then rest is happen by the grace of god.

Morphism - May 19, 2023, 12:28 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't

the next day.

Any Recommendations
Try to fall asleep more

agent - July 3, 2023, 7:04 pm

(May 13, 2023 11:27 PM)vatdoveacid Wrote: [\[CITE\]](#) Try to watch streaming for the most part
Not a bad method

SashaBeliy - July 4, 2023, 7:32 am

I'm browsing in Tik Tok when I can't sleep.

sector - July 4, 2023, 7:35 am

i do not look outside my bedroom's window

:[

CaptainSprinkles - July 4, 2023, 8:48 am

Put on some podcast or show on TV/Phone and you will fall a sleep instantly. Especially if you try to focus on the podcast, eventually your eyes will just close... Works every time.

Evading - July 4, 2023, 8:51 am

Listen to some background noise like a podcast or some type of video, but mostly it's music. Can't really sleep without my music on.

simtastic1 - July 4, 2023, 9:39 am

(Apr 7, 2021 11:19 PM)Zero Wrote: [\[CITE\]](#) I can literally fall asleep anywhere in minutes.

I usually like to watch Netflix and fall asleep with that.

I dont think I can sleep without or even remember the last time that i slept without Netflix/youtube or atleast some type of video playing

Leoo - July 5, 2023, 4:00 am

Honestly one of the best things you could do is find something online and start reading. It'll get your eyes closing in no more than 10 minutes

spiral - July 6, 2023, 3:53 am

Just put background noise on (tv and my fan) and I usually fall asleep like a baby after that.

ChronoBiff - August 3, 2023, 8:07 pm

Personally, I will go get a drink or refill my water and a snack. I'll put on the tube for about 20 min and just enjoy being up and then I go back to bed.

I try to not get too excited.

agent - October 21, 2023, 6:07 pm

(Aug 3, 2023 08:07 PM)ChronoBiff Wrote: [\[CITE\]](#) Personally, I will go get a drink or refill my water and a snack. I'll put on the tube for about 20 min and just enjoy being up and then I go back to bed.

I try to not get too excited.

Must give this a go

4N0NY - October 21, 2023, 6:20 pm

Not getting sleep on time is really frustrating. I tend to smoke more while having sleepless nights while watching something online like Netflix or YT.

bigbronlet - October 21, 2023, 9:56 pm

watch netflix and chill

Blazin - October 21, 2023, 10:06 pm

Watch YouTube usually and relax or work on things.

Cap - October 21, 2023, 10:08 pm

Like right now, I'm drinking and posting on HF. It's my typical weekend.

Hungry4Knowledge - October 22, 2023, 2:10 am

(Oct 21, 2023 10:08 PM)Cap Wrote: [\[CITE\]](#) Like right now, I'm drinking and posting on HF. It's my typical weekend.

That's my typical weekend too lol

Although this weekend I skip the booze for a change.

Jinu - October 22, 2023, 4:20 am

Yesterday, I couldn't sleep because I was hungry. To fall asleep, I had some snacks.

Kayfoxz - October 22, 2023, 4:21 am

I end up staring at this forum tbh. That or I'll just watch something calming

WebArt - October 22, 2023, 5:36 am

i just turn on my pc again and start working or learning things

ChronoBiff - October 22, 2023, 1:10 pm

(Oct 21, 2023 06:07 PM)agent Wrote: [\[CITE\]](#) Must give this a go

You seriously should. It makes all the difference in the world.

V?rt - October 22, 2023, 1:14 pm

Normally when I can't sleep, which is almost every night. I just go lay in bed and throw on a show. Right now I'm watching One Piece, so I'll lay in bed and normally watch 1-2 episodes and be done.

Godofcrypto - October 22, 2023, 1:19 pm

I force myself to sleep, and most of the time, it just works.

However, late-night sleep teas help a lo, they have the exact mix of herbals to fall asleep.

Crowned - October 22, 2023, 1:45 pm

If I can't sleep, I just go do extra work. If I do have to get up very early and I can't fall asleep - listen to a podcast or to some background music with low volume.

agent - October 25, 2023, 7:12 pm

(Oct 22, 2023 01:45 PM)Crowned Wrote: [\[CITE\]](#) If I can't sleep, I just go do extra work. If I do have to get up very early and I can't fall asleep - listen to a podcast or to some background music with low volume.

Good way to vibe out if u cant sleep

Dorrance - October 25, 2023, 9:34 pm

Best two things I normally do is read or do some homework.

B3A - October 26, 2023, 12:14 am

I chill around HF, safest option

Pancake Boat - October 26, 2023, 12:29 am

I start reading a book. 15 minutes and I'm snoozing off.

Hungry4Knowledge - October 26, 2023, 12:30 am

Hasn't happened for a long time that I couldn't sleep but I've read somewhere that the worst thing you can do is staying in bed and lying there waiting for the sleep to come.

Instead I used to just get up and sit down with a book in the living room. That always helped.

Pancake Boat - October 26, 2023, 12:32 am

(Oct 22, 2023 04:20 AM)Jinu Wrote: [\[CITE\]](#) Yesterday, I couldn't sleep because I was hungry. To fall asleep, I had some snacks.

Make sure it's not sugar, then you're screwed.

Jinu - October 26, 2023, 1:55 am

(Oct 26, 2023 12:32 AM)Pancake Boat Wrote: [\[CITE\]](#) Make sure it's not sugar, then you're screwed.

Yes. Definitely it's not a sugar item.

Slumerican ? - October 26, 2023, 1:57 am

When I can't sleep at night, I often find myself surfing the internet, watching a movie, or delving into a documentary. However, over the past year, I've also turned to writing down my thoughts and desires. Sometimes, I open my journal and put on paper whatever is on my mind.

Proof - October 26, 2023, 1:57 am

Honestly, that's prime time for me to do market research for trading in the morning.

That and catch up on news.

Pancake Boat - October 26, 2023, 6:33 am

(Oct 26, 2023 01:55 AM)Jinu Wrote: [\[CITE\]](#) Yes. Definitely it's not a sugar item.

What was it then?

Deany - October 26, 2023, 7:21 am

Idk but I can't sleep rn and it's driving me insane.

Endorphins - October 26, 2023, 7:22 am

Back at it again. White noise doesn't do much to me anymore. ASMR doesn't do anything anymore.

My body just gets shut off whenever I lay in bed. It is great but it sucks when I forget to set my alarm on.

Grim - October 26, 2023, 7:22 am

(Oct 26, 2023 07:21 AM)Deany Wrote: [\[CITE\]](#) Idk but I can't sleep rn and it's driving me insane.

sometimes reading or watching a boring show or movie iv seen helps me.

agent - October 26, 2023, 7:22 am

(Oct 26, 2023 07:22 AM)Grim Wrote: [\[CITE\]](#) sometimes reading or watching a boring show or movie iv seen helps me.

facts

Deany - October 26, 2023, 7:22 am

(Oct 26, 2023 07:22 AM)Grim Wrote: [\[CITE\]](#) sometimes reading or watching a boring show or movie iv seen helps me.

nah my brain is fricked, nothing gonna work except waiting it out and staying up longer til i crash

agent - October 26, 2023, 7:23 am

(Oct 26, 2023 07:22 AM)Deany Wrote: [\[CITE\]](#) nah my brain is fricked, nothing gonna work except waiting it out and staying up longer til i crash

Sheesh what about some weed my g

Grim - October 26, 2023, 7:23 am

(Oct 26, 2023 07:22 AM)Deany Wrote: [\[CITE\]](#) nah my brain is fricked, nothing gonna work except waiting it out and staying up longer til i crash

theres always drugs if none of that works lmao

Deany - October 26, 2023, 7:25 am

(Oct 26, 2023 07:23 AM)Grim Wrote: [\[CITE\]](#) theres always drugs if none of that works lmao

Try living in humid area, going to sleep is impossible mode ?

Grim - October 26, 2023, 7:25 am

(Oct 26, 2023 07:25 AM)Deany Wrote: [\[CITE\]](#) Try living in humid area, going to sleep is impossible mode ?

even with AC on in the house?

Deany - October 26, 2023, 7:26 am

(Oct 26, 2023 07:25 AM)Grim Wrote: [\[CITE\]](#) even with AC on in the house?

I got a fan blasting and still won't help lol. I thought cold was supposed to make you sleep faster? I need a lifehack for this ffs

Grim - October 26, 2023, 7:28 am

(Oct 26, 2023 07:26 AM)Deany Wrote: [\[CITE\]](#) I got a fan blasting and still won't help lol. I thought cold was supposed to make you sleep faster? I need a lifehack for this ffs

it is well supposidly around 68 degrees 68 Fahrenheit is the ideal sleeping temperature.

Deany - October 26, 2023, 7:28 am

(Oct 26, 2023 07:28 AM)Grim Wrote: [\[CITE\]](#) it is well supposidly around 68 degrees 68 Fahrenheit is the ideal sleeping temperature.

Idk bro whatever a temperature an oven is

agent - October 26, 2023, 7:30 am

(Oct 26, 2023 07:28 AM)Deany Wrote: [\[CITE\]](#) Idk bro whatever a temperature an oven is

Hit the bong and lay down u be fine

Deany - October 26, 2023, 7:30 am

(Oct 26, 2023 07:30 AM)agent Wrote: [\[CITE\]](#) Hit the bong and lay down u be fine

I don't do any drugs brothermans...

agent - October 26, 2023, 7:32 am

(Oct 26, 2023 07:30 AM)Deany Wrote: [\[CITE\]](#) I don't do any drugs brothermans...

rip

Take some melatonin in that case

Deany - October 26, 2023, 7:32 am

(Oct 26, 2023 07:32 AM)agent Wrote: [\[CITE\]](#) rip

Take some melatonin in that case

Was thinking that, but don't got none on me! Wish I had some

agent - October 26, 2023, 7:33 am

(Oct 26, 2023 07:32 AM)Deany Wrote: [\[CITE\]](#) Was thinking that, but don't got none on me! Wish I had some

Damn yeah i find at times the melatonin to help but sometimes doesn't do the trick but for someone who doesn't take it often does the trick

Deany - October 26, 2023, 7:33 am

(Oct 26, 2023 07:33 AM)agent Wrote: [\[CITE\]](#) Damn yeah i find at times the melatonin to help but sometimes doesn't do the trick but for someone who doesn't take it often does the trick
Lol I need a lot of it right about now homie.

agent - October 26, 2023, 7:34 am

(Oct 26, 2023 07:33 AM)Deany Wrote: [\[CITE\]](#) Lol I need a lot of it right about now homie.
Shit son u ant got a store close by that sells them atm ? gas station

Deany - October 26, 2023, 7:34 am

(Oct 26, 2023 07:34 AM)agent Wrote: [\[CITE\]](#) Shit son u ant got a store close by that sells them atm ?
gas station
Nah cba, just going to stay up and wait it out. It's fricked.

agent - October 26, 2023, 7:35 am

(Oct 26, 2023 07:34 AM)Deany Wrote: [\[CITE\]](#) Nah cba, just going to stay up and wait it out. It's fricked.
i mean thats on you Imfao

you could fix the problem but u rather not xD

Deany - October 26, 2023, 7:35 am

(Oct 26, 2023 07:35 AM)agent Wrote: [\[CITE\]](#) i mean thats on you Imfao

you could fix the problem but u rather not xD

I hate the human body so much. Let me sleep ffs !

agent - October 26, 2023, 7:36 am

(Oct 26, 2023 07:35 AM)Deany Wrote: [\[CITE\]](#) I hate the human body so much. Let me sleep ffs !
Do you do anything productive throughout the day ?

Deany - October 26, 2023, 7:36 am

(Oct 26, 2023 07:36 AM)agent Wrote: [\[CITE\]](#) Do you do anything productive throughout the day ?
On god bro they putting something in the 5g to make humans never go to sleep no more. Kappa

agent - October 26, 2023, 7:37 am

(Oct 26, 2023 07:36 AM)Deany Wrote: [\[CITE\]](#) On god bro they putting something in the 5g to make humans never go to sleep no more. Kappa
Now you straight losing yo marbles son xD ?

Deany - October 26, 2023, 7:38 am

(Oct 26, 2023 07:37 AM)agent Wrote: [\[CITE\]](#) Now you straight losing yo marbles son xD ?
I've been up all day so why am I not tired? Send help!

agent - October 26, 2023, 7:38 am

(Oct 26, 2023 07:38 AM)Deany Wrote: [\[CITE\]](#) I've been up all day so why am I not tired? Send help!
Because your mind is focused on a million things right now.

Deany - October 26, 2023, 7:39 am

(Oct 26, 2023 07:38 AM)agent Wrote: [\[CITE\]](#) Because your mind is focused on a million things right now.
Could be right. Staying up to see if I crash. Anytime now.. ?

agent - October 26, 2023, 7:40 am

(Oct 26, 2023 07:39 AM)Deany Wrote: [\[CITE\]](#) Could be right. Staying up to see if I crash. Anytime now.. ?
100% right my boy Imfao
need to turn off the lights and lay in the dark for 45 mins and slowly drift into yo sleep my boy

Deany - October 26, 2023, 7:40 am

(Oct 26, 2023 07:40 AM)agent Wrote: [\[CITE\]](#) 100% right my boy Imfao
need to turn off the lights and lay in the dark for 45 mins and slowly drift into yo sleep my boy
My lights are off completely. Have been for hours now. Crashing anytime now...

roadman69 - October 26, 2023, 7:40 am

Listen t audiobooks usually

agent - October 26, 2023, 7:42 am

(Oct 26, 2023 07:40 AM)Deany Wrote: [\[CITE\]](#) My lights are off completely. Have been for hours now.
Crashing anytime now...
you need to get off the pc or phone wat ever you are on and lay in peace Imfao

Deany - October 26, 2023, 7:43 am

(Oct 26, 2023 07:42 AM)agent Wrote: [\[CITE\]](#) you need to get off the pc or phone wat ever you are on
and lay in peace Imfao
I tried that and got back on the PC bro lol. I am fricked.

agent - October 26, 2023, 7:44 am

(Oct 26, 2023 07:43 AM)Deany Wrote: [\[CITE\]](#) I tried that and got back on the PC bro lol. I am fricked.
i dont think u tried hard enough i bet u laid for 10 mins and got back on pc Imfaooooo

Deany - October 26, 2023, 7:44 am

(Oct 26, 2023 07:44 AM)agent Wrote: [\[CITE\]](#) i dont think u tried hard enough i bet u laid for 10 mins
and got back on pc Imfaooooo
I did bro , laid there for a couple hours. Brain won't shut down :/

agent - October 26, 2023, 7:45 am

(Oct 26, 2023 07:44 AM)Deany Wrote: [\[CITE\]](#) I did bro , laid there for a couple hours. Brain won't
shut down :/
ever thought about seeing a doctor Imfao

Deany - October 26, 2023, 7:45 am

(Oct 26, 2023 07:45 AM)agent Wrote: [\[CITE\]](#) ever thought about seeing a doctor Imfao

Nope, only happened today lol. Off hours af.

agent - October 26, 2023, 7:46 am

(Oct 26, 2023 07:45 AM)Deany Wrote: [\[CITE\]](#) Nope, only happened today lol. Off hours af.
maybe its just one of those days Imfao
i get them sometimes where i cannot fall asleep no matter what i do

Deany - October 26, 2023, 7:46 am

(Oct 26, 2023 07:46 AM)agent Wrote: [\[CITE\]](#) maybe its just one of those days Imfao
i get them sometimes where i cannot fall asleep no matter what i do
Yeh, honestly doesn't make any sense to me ?

agent - October 26, 2023, 7:47 am

(Oct 26, 2023 07:46 AM)Deany Wrote: [\[CITE\]](#) Yeh, honestly doesn't make any sense to me ?
all good eventually u will fall asleep dont sweat it

Deany - October 26, 2023, 7:47 am

(Oct 26, 2023 07:47 AM)agent Wrote: [\[CITE\]](#) all good eventually u will fall asleep dont sweat it
On god bro, waiting for the crash. ?

agent - October 26, 2023, 7:48 am

(Oct 26, 2023 07:47 AM)Deany Wrote: [\[CITE\]](#) On god bro, waiting for the crash. ?
Gonna happen sooner then later thats for sure

Deany - October 26, 2023, 7:48 am

(Oct 26, 2023 07:48 AM)agent Wrote: [\[CITE\]](#) Gonna happen sooner then later thats for sure
Ye, I can slowly feel it approaching ?

agent - October 26, 2023, 7:49 am

(Oct 26, 2023 07:48 AM)Deany Wrote: [\[CITE\]](#) Ye, I can slowly feel it approaching ?
now u are all smiles there u go

Jinu - October 26, 2023, 10:09 am

(Oct 26, 2023 06:33 AM)Pancake Boat Wrote: [\[CITE\]](#) What was it then?
It's made up of gram/Besan flour. We call it Omapodi or Besan Sev you never heard of it. You can
Google it to see the pic. ?

bgill - October 26, 2023, 3:33 pm

Try getting super baked and working out

agent - October 26, 2023, 3:33 pm

(Oct 26, 2023 03:33 PM)bgill Wrote: [\[CITE\]](#) Try getting super baked and working out
always baked brotha ant no worries about that one
i hit the gyms in the morning

bgill - October 26, 2023, 3:42 pm

Hmm i feel that if. you can. get cbn or cbg that helps alot got me off sleeping pills

agent - October 26, 2023, 3:57 pm

(Oct 26, 2023 03:42 PM)bgill Wrote: [\[CITE\]](#) Hmm i feel that if. you can. get cbn or cbg that helps alot
got me off sleeping pills
if im gonna go that route may as well just use melatonin my g

blueghoster - October 26, 2023, 4:37 pm

I make a drink with hot cocoa 1oz kahlua 1oz Rumple Minze and 1oz Jager. Tastes like a thin mint girlscout cookie.

agent - October 26, 2023, 4:39 pm

(Oct 26, 2023 04:37 PM)blueghoster Wrote: [\[CITE\]](#) I make a drink with hot cocoa 1oz kahlua 1oz Rumple Minze and 1oz Jager. Tastes like a thin mint girlscout cookie.

Sounds pretty decent and that makes you fall asleep after?

??CU?I?? TM - October 26, 2023, 4:42 pm

(Oct 26, 2023 04:39 PM)agent Wrote: [\[CITE\]](#) Sounds pretty decent and that makes you fall asleep after?

I do the same thing I am doing, Research on new things while browsing forums. until I feel like now I can sleep.

agent - October 26, 2023, 4:42 pm

(Oct 26, 2023 04:42 PM)??CU?I?? TM Wrote: [\[CITE\]](#) I do the same thing I am doing, Research on new things while browsing forums. until I feel like now I can sleep.

Pretty decent way to get to sleep

blueghoster - October 26, 2023, 4:43 pm

(Oct 26, 2023 04:39 PM)agent Wrote: [\[CITE\]](#) Sounds pretty decent and that makes you fall asleep after?

If it doesn't then I'll just take shots of the Rumple Minze till I pass out ! 100 proof so it's potent.

??CU?I?? TM - October 26, 2023, 4:43 pm

(Oct 26, 2023 04:42 PM)agent Wrote: [\[CITE\]](#) Pretty decent way to get to sleep

What about you? What do you do when you are not able to sleep apart from the one which you described in your first post? Any other alternative to sleep faster?

agent - October 26, 2023, 4:45 pm

(Oct 26, 2023 04:43 PM)??CU?I?? TM Wrote: [\[CITE\]](#) What about you? What do you do when you are not able to sleep apart from the one which you described in your first post? Any other alternative to sleep faster?

look for items online till i cannot keep my eyes open

Take some edibles

Hit the bong many times Imfao

(Oct 26, 2023 04:43 PM)blueghoster Wrote: [\[CITE\]](#) If it doesn't then I'll just take shots of the Rumple Minze till I pass out ! 100 proof so it's potent.

Sheesh legend over here

??CU?I?? TM - October 26, 2023, 4:45 pm

(Oct 26, 2023 04:45 PM)agent Wrote: [\[CITE\]](#) look for items online till i cannot keep my eyes open

Take some edibles

Hit the bong many times Imfao

I am sure bong should get you a sleep faster. I have heard it from my friends.

agent - October 26, 2023, 4:46 pm

(Oct 26, 2023 04:45 PM)??CU?I?? TM Wrote: [\[CITE\]](#) I am sure bong should get you a sleep faster. I have heard it from my friends.

for someone who is a heavy user its just a normal toke

but for someone who does not use it often yeah it would deffs do the trick

??CU?I?? TM - October 26, 2023, 4:47 pm

(Oct 26, 2023 04:46 PM)agent Wrote: [\[CITE\]](#) for someone who is a heavy user its just a normal toke

but for someone who does not use it often yeah it would deffs do the trick

Does it feel same as you smoke a cigarette?

agent - October 26, 2023, 4:48 pm

(Oct 26, 2023 04:47 PM)??CU?I?? TM Wrote: [\[CITE\]](#) Does it feel same as you smoke a cigarette?
no sir not same effects

??CU?I?? TM - October 26, 2023, 4:49 pm

(Oct 26, 2023 04:48 PM)agent Wrote: [\[CITE\]](#) no sir not same effects
Okay Maybe in future I will give it a try. ?

agent - October 26, 2023, 4:51 pm

(Oct 26, 2023 04:49 PM)??CU?I?? TM Wrote: [\[CITE\]](#) Okay Maybe in future I will give it a try. ?
i dont see why not maybe u will enjoy it mate !

??CU?I?? TM - October 26, 2023, 4:53 pm

(Oct 26, 2023 04:51 PM)agent Wrote: [\[CITE\]](#) i dont see why not maybe u will enjoy it mate !
I am sacred of the effects it might have on me. I am ok for alcohol and cigarette.

agent - October 26, 2023, 4:53 pm

(Oct 26, 2023 04:53 PM)??CU?I?? TM Wrote: [\[CITE\]](#) I am sacred of the effects it might have on me. I
am ok for alcohol and cigarette.
i mean you wont know until you try the worst is you are gonna go to sleep or eat everything in your
fridge Imfao ?

??CU?I?? TM - October 26, 2023, 4:54 pm

(Oct 26, 2023 04:53 PM)agent Wrote: [\[CITE\]](#) i mean you wont know until you try the worst is you are
gonna go to sleep or eat everything in your fridge Imfao ?
I wont feel like I am sinking or not able to walk?

agent - October 26, 2023, 4:54 pm

(Oct 26, 2023 04:54 PM)??CU?I?? TM Wrote: [\[CITE\]](#) I wont feel like I am sinking or not able to walk?
That is false not sure who told you this brother

??CU?I?? TM - October 26, 2023, 4:55 pm

(Oct 26, 2023 04:54 PM)agent Wrote: [\[CITE\]](#) That is false not sure who told you this brother
Okay I will have to go to my friends place to try it as I do not know how to make it as well or where
they buy it from.

agent - October 26, 2023, 4:56 pm

(Oct 26, 2023 04:55 PM)??CU?I?? TM Wrote: [\[CITE\]](#) Okay I will have to go to my friends place to try it
as I do not know how to make it as well or where they buy it from.
good call let me know how it goes

??CU?I?? TM - October 26, 2023, 4:57 pm

(Oct 26, 2023 04:56 PM)agent Wrote: [\[CITE\]](#) good call let me know how it goes
I will mention you or send you a convo once I get to try it.

bum - October 26, 2023, 8:26 pm

set 10 alarms for the next day and hope i wake up

LOUD - October 27, 2023, 1:55 am

Look up the Wim Hof Breathing technique.

I used to lie in bed restless for hours. After trying this meditation practice repeatedly for months, I can quickly fall asleep after just 11 minutes of doing this process.

Pancake Boat - October 27, 2023, 6:15 am

(Oct 26, 2023 04:45 PM)??CU?I?? ™ Wrote: [\[CITE\]](#) I am sure bong should get you a sleep faster. I have heard it from my friends.

It can also keep you up for extra 2 hours on YouTube.

??CU?I?? ™ - October 27, 2023, 6:26 am

(Oct 27, 2023 06:15 AM)Pancake Boat Wrote: [\[CITE\]](#) It can also keep you up for extra 2 hours on YouTube.

Today I have asked one of my friend to arrange it. I hope I get to try it tonight

MitVap - October 27, 2023, 9:05 am

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

I meditate personally.

agent - October 27, 2023, 9:05 am

(Oct 27, 2023 09:05 AM)MitVap Wrote: [\[CITE\]](#) I meditate personally.

Good way to clam yourself down and get to bed.

BeastX - October 27, 2023, 1:18 pm

You can count sheeps in your mind until you fall asleep. Most of the time you will fall asleep before counting up to 1000 sheeps

xRehszi - October 27, 2023, 1:21 pm

Twist and Turn for about 2 hours. then eventually fall asleep somehow.

agent - October 27, 2023, 1:22 pm

(Oct 27, 2023 01:21 PM)xRehszi Wrote: [\[CITE\]](#) Twist and Turn for about 2 hours. then eventually fall asleep somehow.

sheesh sounds rough bro.

Crowned - October 27, 2023, 1:26 pm

(Oct 27, 2023 01:18 PM)BeastX Wrote: [\[CITE\]](#) You can count sheeps in your mind until you fall

asleep. Most of the time you will fall asleep before counting up to 1000 sheeps
Sounds like you've tried it multiple times ?

agent - October 27, 2023, 1:30 pm

(Oct 27, 2023 01:26 PM)Crowned Wrote: [\[CITE\]](#) Sounds like you've tried it multiple times ?
facts lmfao

agent - November 23, 2023, 12:10 pm

anyone else have issues sleeping at night ?

?LEEP - November 23, 2023, 11:59 pm

Tea and reading, brotherman. Specifically chamomile tea nice and slow sips. Reading anything outside of the existential crisis machine is really good for the brain.

Kekopp - November 24, 2023, 2:16 am

Surfing on the internet, of course. With TV on.

phL.. - November 24, 2023, 4:51 am

mostly i'm popping 2 xans.

Jake Johnson - November 24, 2023, 5:01 am

It is very rare that I can't fall asleep. However, if I truly can't fall asleep I usually pick my phone up and endlessly scroll various apps.

DashPHP - November 24, 2023, 4:06 pm

(Nov 24, 2023 06:01 AM)Jake Johnson Wrote: [\[CITE\]](#) It is very rare that I can't fall asleep. However, if I truly can't fall asleep I usually pick my phone up and endlessly scroll various apps.
I am the same here..

I'm usually good at falling asleep, but there are days where I feel like shit and just can't code so i'll be in bed scrolling endlessly hehehe

Trust - November 24, 2023, 8:15 pm

Browse HF I guess.

I rarely can't sleep as others have stated, I do often try to keep myself awake tho as night time is the only time I get some peace and quiet to myself

shruddylost - November 28, 2023, 7:55 pm

Scroll twitter, watch youtube videos, rewatch old movies

Sirius - November 28, 2023, 8:43 pm

Usually stare at my phone until I get tired enough to just pass out.

agent - December 17, 2023, 7:03 pm

(Nov 28, 2023 09:43 PM)Sirius Wrote: [\[CITE\]](#) Usually stare at my phone until I get tired enough to just pass out.

Me every night ngl ?

Sirius - December 17, 2023, 8:55 pm

(Dec 17, 2023 08:03 PM)agent Wrote: [\[CITE\]](#) Me every night ngl ?
Rough lmfao.

I-I - December 17, 2023, 9:56 pm

Instead of letting my mind wonder I have fantasy scenarios I imagine about. Usually this entails having a super power but with limitations. Like flying for an hour, teleporting to places you've only seen in life, being able to jump as high as you want but taking fall damage still, perfect memory but only for 10 minutes a day, the ability to read minds but only for 10mins a day.

This gives me enough options to run through many scenarios while I try to fall asleep. Sometimes the stories I create in my head are so good I try to stay awake to finish them. Works a lot better for me than trying to fall asleep with nothing to think about so the bad thoughts creep in.

Jamika - December 18, 2023, 1:33 am

Play some games and may be watch a movie, or spend some time on trovo

Lil Buddy - December 18, 2023, 2:12 am

i usually just choke my chicken before bed. Helps with sleep

Pow3r - December 18, 2023, 7:48 am

Less screen time, work out in the day, at latest early evening, avoid stimulants after 3pm if possible, keep your bedroom cooler and I'd recommend ZMA as a supplement before bed.

It takes time to adjust but I'd absolutely avoid weed and other crutches to help you sleep, ultimately they all fail as you become dependent and your body adapts.

Yodawarrior2 - December 18, 2023, 8:43 am

Usually read a bit and then fall asleep while reading it lol

psickophant - December 18, 2023, 4:31 pm

I turn to the old technique of counting sheep. I literally never make it to 100.

Euaggelistes - December 18, 2023, 4:36 pm

Just lay really still and pretend that I'm asleep.

The second part doesn't really work, but keeping really still has helped me to develop some serious self-control and it usually results in sleep rather than tossing and turning.

Slumerican ? - December 18, 2023, 4:50 pm

I'm writing this response during one of those nights. I fell asleep around 9-10 pm and now it's 2 AM and I just woke up, even though I need sleep and rest, I can't do it right now. So I grabbed my lovely laptop and I'm surfing, lurking around HF, thinking about ideas or hopefully I will find something interesting.

Riggs - December 18, 2023, 5:25 pm

I have insomnia so am often awake. I struggle to switch off and usually if I'm expecting a lengthy episode of no sleep I'll just get on with any outstanding work as I work full-time regular working hours. Alternatively I might continue development of one of my personal projects or watch YouTube in another monitor.

agent - December 18, 2023, 7:44 pm

(Dec 18, 2023 05:31 PM)psickophant Wrote: [\[CITE\]](#) I turn to the old technique of counting sheep. I literally never make it to 100.

This one made me laugh ?

Hoffy - December 18, 2023, 8:06 pm

I don't put pressure to close/open my eyes if I can't sleep, but I will just sit there in the dark. Whatever comes naturally I will allow until i'm tired. Usually knocks me out.

Blueseal890 - December 18, 2023, 11:13 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

The sad truth is, there isn't anything that will help but just lying there with eyes shut, I can either sleep within 1-2 hours no phone or anything, or if im on phone i just wont fall asleep.

MightyOne - December 19, 2023, 3:31 am

Masturbate viciously and fall asleep.

Cyam - December 19, 2023, 3:38 am

Honestly I really don't remember when was the last time I couldn't really sleep at all. Probably because of how active I've been this past half year, but I remember when it did happen to me is that I would just turn on the TV or Twitch stream on phone and not try to fall asleep at all.

The worst thing you can do when you can't sleep is forcing yourself to sleep. That will only make you more anxious and you will be awake for waaaay more

agent - January 19, 2024, 1:28 pm

(Dec 19, 2023 04:38 AM)Cyam Wrote: [\[CITE\]](#) Honestly I really don't remember when was the last time I couldn't really sleep at all. Probably because of how active I've been this past half year, but I remember when it did happen to me is that I would just turn on the TV or Twitch stream on phone and not try to fall asleep at all.

The worst thing you can do when you can't sleep is forcing yourself to sleep. That will only make you more anxious and you will be awake for waaaay more

Agree with you on the last part my g

Pr0m3th3us - January 19, 2024, 10:46 pm

Drink. Take melatonin. Watch Star Trek voyager.

MarkGold - January 20, 2024, 10:14 am

smoke a joint and sleep with no dreams

agent - January 22, 2024, 7:15 pm

(Jan 20, 2024 11:14 AM)MarkGold Wrote: [\[CITE\]](#) smoke a joint and sleep with no dreams
Lmfao this one made me laugh

MarkGold - January 22, 2024, 7:16 pm

(Jan 22, 2024 08:15 PM)agent Wrote: [\[CITE\]](#) Lmfao this one made me laughu can join to smoke my joint

Popular - January 22, 2024, 7:17 pm

I watch lots of youtube videos til I pass out.

Nemo5 - January 23, 2024, 2:28 am

I do nothing. I wait until I can sleep.

agent - January 23, 2024, 10:04 pm

(Jan 23, 2024 03:28 AM)Nemo5 Wrote: [\[CITE\]](#) I do nothing. I wait until I can sleep.
Sheesh a little extreme no? ?

diiiaz - January 24, 2024, 2:17 am

Scroll ig reels until i'm getting tired lmao

Nemo5 - January 24, 2024, 2:52 am

(Jan 23, 2024 11:04 PM)agent Wrote: [\[CITE\]](#) Sheesh a little extreme no? ?
Yes, but mostly I can sleep again. And if not, then that is an exception.

Glowman - January 24, 2024, 3:33 am

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

I usually ended up sleep

Hackers - January 24, 2024, 6:03 am

If I am on a device or watching something, I have to turn it off.

I usually put on rain or background white noise.

If I really can't sleep and am tossing & turning I get out of bed and do something else. Usually 10-15 minutes out of the bed and I'll get that tired feeling again.

zeugma - January 24, 2024, 7:14 am

I read a book or watch some video on YT

Presto777 - January 24, 2024, 9:03 pm

I try not to sleep. Play games or watch content is fun depending on your mood.

airythompkins - January 25, 2024, 2:16 pm

put on an intro to anything I have no passion in on youtube

Nightmare - January 25, 2024, 2:29 pm

I flip my bytes,then smoke to relax..then watch a movie maybe!!i feel you my bro!!It's hard for me to sleep sometimes!

agent - January 25, 2024, 5:23 pm

(Jan 25, 2024 03:29 PM)-Nightingale- Wrote: [\[CITE\]](#) I flip my bytes,then smoke to relax..then watch a movie maybe!!i feel you my bro!!It's hard for me to sleep sometimes!
Sounds 100% like you i see you flipping to 1m

xerbie23 - January 25, 2024, 6:24 pm

just move away from devices and everything will be fine.

agent - January 25, 2024, 7:25 pm

(Jan 25, 2024 07:24 PM)xerbie23 Wrote: [\[CITE\]](#) just move away from devices and everything will be fine.
Good way to go about it ?

M1L3NK0 - January 25, 2024, 8:07 pm

Typically I'll scroll TikTok for a few minutes in bed, they're not entertaining enough to keep me awake lol. If that doesn't work, then I try watching some crime, interrogation, police cam type videos at my desk until I start feeling tired.
If all else fails I just lay with my eyes closed for 2 hours, eventually I'll fall asleep.

Yanix - January 25, 2024, 9:19 pm

(Jan 25, 2024 03:29 PM)-Nightingale- Wrote: [\[CITE\]](#) I flip my bytes,then smoke to relax..then watch a movie maybe!!i feel you my bro!!It's hard for me to sleep sometimes!
Flip bytes until Scamley takes everything ?

Jamika - January 25, 2024, 9:30 pm

(Jan 25, 2024 10:19 PM)Yanix Wrote: [\[CITE\]](#) Flip bytes until Scamley takes everything ?
That makes him may be relaxed, damn will make me blame myself till next day

Yanix - January 25, 2024, 9:33 pm

(Jan 25, 2024 10:30 PM)Jamika Wrote: [\[CITE\]](#) That makes him may be relaxed, damn will make me blame myself till next day
I don't think so lol, sometimes it's very stressful when you hit those trains of reds on the flip game ?

BejbaKrejza - January 28, 2024, 6:55 pm

Workin or playin in HillClimbRacing2 lol

Hackers - January 28, 2024, 7:44 pm

Was just in another similar thread and someone mentioned melatonin. I used to take it. It's a good OTC for helping calm down & relax for sleep, but it has been years now since I've used it.

agent - January 29, 2024, 4:47 pm

(Jan 25, 2024 10:19 PM)Yanix Wrote: [\[CITE\]](#) Flip bytes until Scamley takes everything ?
???

Lawrence Peckon - January 29, 2024, 4:52 pm

Watch Netflix 5%
Watch YouTube 95%
I am picking up on the Netflix again tbh.

ubas - January 29, 2024, 6:46 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

binge my youtube subscriptions until my eyes are glued shut, but i should probably start reading
instead. better for the eyes long term

Deeemm - January 29, 2024, 11:30 pm

If it ain't Netflix it's a mobile game or ASMR videos tbh

agent - February 2, 2024, 1:46 pm

(Jan 29, 2024 07:46 PM)iCHiBAN Wrote: [\[CITE\]](#) binge my youtube subscriptions until my eyes are
glued shut, but i should probably start reading instead. better for the eyes long term
sheesh that's one way to go about it ?

ozigbi - February 2, 2024, 4:38 pm

working on my laptop

C4R3ON - February 4, 2024, 11:03 am

i would put my headphones on and listen to some music

squin - February 4, 2024, 11:34 am

I'm checking Binance in a hope of them trades to go my way

acrobaltic100 - February 4, 2024, 11:39 am

Seems like we all are pretty much the same by the end of the day haha

Xor31 - February 5, 2024, 12:26 am

try to learn atleast something useful towards hacking, play some minecraft while my shitty 10 year
old computer runs scans that take hours

hipeerrrr - February 5, 2024, 5:48 am

Meditate, just lay down and don't care if you fall asleep or not. Just let go and be with yourself. You
will A either fall asleep or B lay there until next day.

V?rt - February 5, 2024, 6:52 am

I normally don't have many issues falling asleep but if I ever do, I normally just put a show on and
watch it

?ystem - February 5, 2024, 3:20 pm

In the event of that situation, when the insomnia tries to get a grip on me, I typically just smoke and
lay down listening to music until I drift away.

anoncrab - February 5, 2024, 11:15 pm

Either play video games, watch youtube or netflix, or if I really need to get some sleep in, I'll just
wank off to some porn and hit the sack.

Moxfy - February 6, 2024, 7:57 am

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

What has helped me is to stay busy and active the entire day, then going to bed feels like a reward,
and you fall asleep directly.

agent - February 19, 2024, 6:14 pm

(Feb 6, 2024 08:57 AM)Moxfy Wrote: [\[CITE\]](#) What has helped me is to stay busy and active the
entire day, then going to bed feels like a reward, and you fall asleep directly.
well said brotha !?

Mald0r0r - February 20, 2024, 4:03 am

Read book or listening to some ambient music or jazz and think about life (usually, when i can't
sleep, it is because i'm overwhelmed with something and i need to think about it to sort it out)

papersoldier - February 20, 2024, 6:54 pm

i just throw on a podcast or netflix and itll knock me out

agent - March 4, 2024, 10:04 pm

(Feb 20, 2024 07:54 PM)papersoldier Wrote: [\[CITE\]](#) i just throw on a podcast or netflix and itll knock
me out
good call always works ong ?

Kj202491 - March 4, 2024, 10:25 pm

Listen to podcasts, feed the baby, cuddle with the kids, never wake your wife ?

Zan - March 4, 2024, 11:01 pm

You should exercise daily. It really helps to fall asleep more easily and faster.

SIM-5496005 - March 5, 2024, 2:09 am

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

dumb shit

tailsfromthecrypt - March 6, 2024, 3:05 am

Stare at the ceiling and plot/plan until I fall asleep and wake up with a whole head of brand new ideas! Wow I have some amazing techniques thanks for asking this question!

VIVALACRYPTSTA - March 6, 2024, 3:58 am

I play CS2 when I can't sleep.

REKTMAS - March 6, 2024, 6:13 am

Its happens to me these days.

I tend to sitting on the balcoon and smoking some cigaretes with a cup of coffee.

anoncrab - March 8, 2024, 1:09 am

(Apr 7, 2021 10:38 PM)OBAMASELF Wrote: [\[CITE\]](#) I just wank and fell alseep

P.s Doing it for the past decade and every-time it works especially when I can't sleep

This is the god strat. Works so well.

notahellcat - March 8, 2024, 5:16 am

Straight forward when I can't sleep,I just read books until I get bored.

Grim - March 8, 2024, 3:05 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game

I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't

the next day.

Any Recommendations

i used to do that as well! it calms the nervs

Bloody blade - March 12, 2024, 5:03 pm

Wank or watch YouTube

Kalvaxas - March 12, 2024, 5:41 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game

I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't

the next day.

Any Recommendations

Watch this video. You'll thank me later.

P.S. This is what most insomniac brains do at 3am.
[Click this for a short one-ish minute George Carlin comedy video.](#)

NyxCoder - March 12, 2024, 10:28 pm

I usually watching TikTok until my eyes gets tired :D

2cute4u - March 12, 2024, 10:35 pm

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

Watch a movie or learn something new

agent - March 18, 2024, 9:06 pm

(Mar 8, 2024 04:05 PM)Grim Wrote: [\[CITE\]](#) i used to do that as well! it calms the nervs
got to stay elevated ?

trustme - March 25, 2024, 8:45 am

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff
don't
the next day.

Any Recommendations

I have had a problem with sleeping for a very long time, at the beginning I watched YouTube until
my eyes were tired, but it was also tiring and boring for me, then I switched to asmr/mukbang, it
helped me for maybe a week or two, today my tactic is meditation, it doesn't matter if it was a hard
day or not, letting go of stress and all negative emotions is a great feeling, and sometimes you can
jerk off after meditation :D (but don't overdo it with pornography, it destroys everyone)

Kalvaxas - March 25, 2024, 8:55 am

Well, last night I converted an imgur direct link to it's image extension link for [DashPHP](#)

Good times, goooood times.

DashPHP - March 25, 2024, 9:58 am

(Mar 25, 2024 08:55 AM)Kalvaxas Wrote: [\[CITE\]](#) Well, last night I converted an imgur direct link to it's image extension link for [DashPHP](#)

Good times, goooood times.
And that very image lives in my stickied thread in the lounge. Hehehe

Thank ya!

Syndicate - March 25, 2024, 12:06 pm

I either tend to just lay there until I fall asleep or I'll get up and watch a movie or a show until I do feel tired.

Kalvaxas - March 25, 2024, 12:44 pm

(Mar 25, 2024 09:58 AM)DashPHP Wrote: [\[CITE\]](#) And that very image lives in my stickied thread in the lounge. Hehehe

Thank ya!
Haha no problem. Glad I could help. Imgur really makes it hard to grab the actual image file. [I'd recommend using imgbb next time ?](#)

DashPHP - March 25, 2024, 2:49 pm

(Mar 25, 2024 12:44 PM)Kalvaxas Wrote: [\[CITE\]](#) Haha no problem. Glad I could help. Imgur really makes it hard to grab the actual image file. [I'd recommend using imgbb next time ?](#)
I agree. I was actually surprised how bad their ui is on mobile. Full of ads.

Mooooookie - March 25, 2024, 4:19 pm

Late night are the hours that I'm getting work done. I stay up every night until the sun comes up, then will sleep the morning away. Always been a fan of the night.

BlackWidow1 - April 24, 2024, 4:33 pm

the best way is to accept that you can't sleep.)

Absence - April 24, 2024, 5:25 pm

Last night I was looking into Hydrothermal Caves.

In particular I was looking into Nutty Putty:
https://en.wikipedia.org/wiki/Nutty_Putty_Cave

Crazy unfortunate death that happened:
<https://interestingengineering.com/culture/nutty-putty-cave-death-young-caver>

Mooooookie - April 24, 2024, 5:32 pm

While most are sleeping, I'm up on my computer, in my office/man-cave, getting to the bag. Working hard trying to achieve an early retirement.

TechPT - April 28, 2024, 2:27 am

(Apr 7, 2021 10:30 PM)agent Wrote: [\[CITE\]](#) What do you do late at night when you cant sleep?

I tend to find myself smoking more of the devils lettuce to pass out but doesn't work\game
I've taken sleeping meds before but found myself sleeping to much and not being able to get stuff don't

the next day.

Any Recommendations
Looking tik tok

DemonAsylum - April 30, 2024, 3:19 am

(Apr 24, 2024 04:33 PM)BlackWidow1 Wrote: [\[CITE\]](#) the best way is to accept that you can't sleep.)
Then you get up, cop a shower, slam some caffeine, and start a new day ?

agent - May 28, 2024, 9:25 pm

(Apr 24, 2024 04:33 PM)BlackWidow1 Wrote: [\[CITE\]](#) the best way is to accept that you can't sleep.)
Wild bruh Imfao

agent - October 25, 2024, 8:31 am

Like to hear from some more users!

Mr_Kh4os - October 25, 2024, 8:53 am

Lately back to smoking to try to KO, but going to try working out towards end of night again.

DanielZ - October 26, 2024, 9:10 pm

since yesterday I start reading a book, most times I watch a movie or show, helps to sleep

Doug Dimmadome - October 26, 2024, 9:36 pm

(Apr 7, 2021 10:38 PM)OBAMASELF Wrote: [\[CITE\]](#) I just wank and fell asleep

P.s Doing it for the past decade and every-time it works especially when I can't sleep
Same. Or I eat all the snacks in the house. It's a toss up really

Cooligan - October 26, 2024, 10:39 pm

(Oct 26, 2024 09:36 PM)Hoss Wrote: [\[CITE\]](#) Same. Or I eat all the snacks in the house. It's a toss up really

This is what I do too lol.

I love me some late night cereal. Such a good snack while relaxing and watching something.

Doug Dimmadome - October 27, 2024, 8:00 am

(Oct 26, 2024 10:39 PM)Cooligan Wrote: [\[CITE\]](#) This is what I do too lol.

I love me some late night cereal. Such a good snack while relaxing and watching something.
Hell, yeah. Or some s'mores pop tarts or Annie's mac and cheese

Game - October 27, 2024, 8:33 am

I'll play a video game that will give me adrenaline, so I can dump that energy, then I'll put on a show or YouTube video that I'm not completely interested in. That usually helps tbh.

sharn - October 27, 2024, 9:06 am

I will listen to music or podcasts to help me wind down.

Cooligan - October 29, 2024, 12:20 pm

(Oct 27, 2024 08:00 AM)Hoss Wrote: [\[CITE\]](#) Hell, yeah. Or some s'mores pop tarts or Annie's mac

and cheese

Those are definitely bomb snacks, especially the mac 'n cheese.

Personally though, I like it to be a cold and refreshing snack. So that cold milk is perfect for that time. :D

Prawnster - October 29, 2024, 12:23 pm

Normally I just go back to working on my shit and I know I'll get tired eventually.

SuseGD - October 30, 2024, 8:01 pm

(Oct 27, 2024 09:06 AM)sharn Wrote: [\[CITE\]](#) I will listen to music or podcasts to help me wind down. I oftentimes listen to some sort of music as well, and it usually helps me drift off to sleep quite easily.

Game - October 31, 2024, 2:55 am

I recently started listening to audiobooks and they help me sleep quite a bit.

Hect0r - October 31, 2024, 3:48 am

Mainly I read or when I don't feel like reading I watch some Netflix or some videos on Youtube. Generally, however, I almost always fall asleep without problems

Lefty - October 31, 2024, 3:54 am

I usually just watch anime, sends me right off the sleep. Well sometimes haha

SuseGD - October 31, 2024, 5:29 am

(Oct 31, 2024 03:48 AM)Hect0r Wrote: [\[CITE\]](#) Mainly I read or when I don't feel like reading I watch some Netflix or some videos on Youtube. Generally, however, I almost always fall asleep without problems

I wish I could fall asleep that easily. I have so much trouble getting enough sleep, it's not even funny.

host3r - October 31, 2024, 5:47 am

i play video games late at night, but that doesnt help with my lack of sleep

SuseGD - October 31, 2024, 5:50 am

(Oct 31, 2024 05:47 AM)host3r Wrote: [\[CITE\]](#) i play video games late at night, but that doesnt help with my lack of sleep

Haha, that's so relatable! I oftentimes end up playing videogames late into the night as well, and once I finally get off, it takes me such a long time to finally fall asleep.

agent - November 5, 2024, 4:54 pm

(Oct 27, 2024 08:33 AM)Game Wrote: [\[CITE\]](#) I'll play a video game that will give me adrenaline, so I can dump that energy, then I'll put on a show or YouTube video that I'm not completely interested in. That usually helps tbh.

2nd part i agree bro

Game - November 5, 2024, 6:46 pm

(Nov 5, 2024 05:54 PM)agent Wrote: [\[CITE\]](#) 2nd part i agree bro

Yeah, it's been my go-to for a while. Definitely worth a try if having issues sleeping.

hillmes - November 10, 2024, 5:06 pm

I put on the same youtube videos over and over so time flies and I can pass out.

RangoWorld - November 12, 2024, 2:51 am

I just use my mobile phone watching YouTube videos. I know it is not good for health but it's a good distraction and eventually I do fall asleep.

Flan. - February 26, 2025, 2:35 pm

Ferociously jerk it till I pass out.

x e D - February 28, 2025, 12:57 am

i browse the internet late at night. ive arrived at hackforums tonight

Hero - February 28, 2025, 2:33 pm

I got out late at night and spray some grafitti and shit. The nights feel so calm when you are the only one outside. Feels calming.

epiccode - March 2, 2025, 10:25 am

Hahaha some of these posts have me dying, i just watch/listen to some universe or alien documentaries on Youtube. Something with one of those narrator's voices who seems like they are more bot than human works best.

I N C R E D I B L E - March 2, 2025, 10:28 am

watch porn, get relaxed if reading didn't work in the first place.

Fresku - March 2, 2025, 12:10 pm

A goold ol' fap does wonders :)

RangoWorld - March 3, 2025, 3:28 am

My natural instinct or behavior is to deep dive into random topics relating to philosophy, science or psychology.

It can be train wreck at times but I can't help it.

ariluvs - July 2, 2025, 7:49 pm

tire myself out until i can sleep, thats the only way

K4RM4 - August 18, 2025, 6:55 am

Pop and Ambien, and watch YouTube.

jujuju - August 31, 2025, 6:39 pm

Can't sleep at night? I turn my brain into a search engine—first I recall if I added green onions to yesterday's hot pot dipping sauce, then I overthink which socks to wear tomorrow, and finally I start planning how many cats to raise after retirement. It's all about "the more I think, the more awake I get; the more awake I am, the more I think"!

Mooooookie - September 1, 2025, 12:56 am

Can't really give you any suggestions on how to maintain sleep during the PM hours, as those are the hours I'm usually up and getting work done on the computer. I can't tell you the last time that I've slept at night. It just doesn't happen. Sounds like we're in the same boat.

Rsynced - September 1, 2025, 1:09 am

(Sep 1, 2025 12:56 AM)Mooooookie Wrote: [\[CITE\]](#) Can't really give you any suggestions on how to maintain sleep during the PM hours, as those are the hours I'm usually up and getting work done on the computer. I can't tell you the last time that I've slept at night. It just doesn't happen. Sounds like we're in the same boat.

I drinks pots of coffee. lol

Panagiota - September 1, 2025, 2:04 am

I browse reddit but I decided to delete my account because it was too time consuming for me.

rolek21 - September 1, 2025, 10:35 am

I try to fall asleep lol

wh4tever - September 1, 2025, 12:20 pm

chat on the phone with one of my broads. haha

SpiritualDose - September 2, 2025, 8:45 am

Typically I take melatonin earlier so that this doesnt happen. But if i havent and its too late i put a sleep meditation on, put headphones on and i typically succumb to the meditation.

kinnu543 - September 2, 2025, 3:23 pm

I will do meditation if I can't sleep in night. If you exited by something you can't sleep in night.

ItzRobonHF - September 2, 2025, 6:23 pm

Melatonin, Tylenol pms work rlly good i smoke every night nd these still help me alot, especially the P.Ms

FlawlessChewy - September 2, 2025, 8:35 pm

smoke a bowl, grab some water and watch the office until i fall asleep.

CARRENT - September 3, 2025, 12:54 am

Playing music on my phone and reading some books.

SIM-5690428 - September 3, 2025, 1:34 am

I go on tiktok and watch brainrot lol

notdxrk - September 3, 2025, 9:05 am

Checking the forums

P??sonl?af - October 3, 2025, 4:57 am

Not so long ago like a few years I had a lot of insomnia. I wasn't able to sleep for days on end.

I would try to walk at the beach until I can't no more to then hopefully be so tired I would fall a sleep in the sofa.

sharn - October 3, 2025, 11:08 am

I watch random YouTube videos. Half of them are nonsense.

JoshAllen - October 3, 2025, 11:19 am

I end up watching those really creepy story videos that make me stay up longer.

Or getting a midnight snack.

Nate - October 3, 2025, 11:59 am

smoking my weed honestly.

DAL-SHA - October 19, 2025, 1:38 am

GO FO A SMOKKA ?

