

# Forum:[Hack Forums](#)

Thread: [Best Sleep Aid/Routines](#)

**Rionxee** - January 4, 2022, 4:59 pm

HF: What are your best sleep aids and/or routines to fall asleep.

I have a huge problem with being able to fall asleep, I often rarely get 4-5 hours of sleep a night.

I tried melatonin first which didn't really do much. I've been prescribed Ambien which gave me absolutely insane hallucinations but however did work. Except Ambien is only to be used for a short term basis since it is habit forming. I then tried Lunesta which didn't do much at all. Belsomra was scripted to me but was extremely too expensive and ended up not being covered by my insurance. I'm back using Sonata which is okay, it's habit forming but still not too useless. I wish I could fall asleep and get good sleep without prescriptions.

I've tried the white noise, no blue light before bed, meditations, sleepytime tea but nothing seems to work.

I'd like to hear everyone's experiences with sleep aids and sleep routines.

**Sorum** - January 4, 2022, 7:36 pm

Try Melatonin sir, 2mg works well for me. Or 3 if I had too much coffee that day :D

**Rionxee** - January 4, 2022, 7:38 pm

(Jan 4, 2022 08:36 PM)Sorum Wrote: [\[CITE\]](#) Try Melatonin sir, 2mg works well for me. Or 3 if I had too much coffee that day :D

I was taking up to 12mg of melatonin with zero impact at all.

**Sorum** - January 4, 2022, 7:39 pm

(Jan 4, 2022 08:38 PM)Rionxee Wrote: [\[CITE\]](#) I was taking up to 12mg of melatonin with zero impact at all.

shoot, okay well, are you physically active? did you get bloodwork done sometime lately?

**Rionxee** - January 4, 2022, 8:10 pm

(Jan 4, 2022 08:39 PM)Sorum Wrote: [\[CITE\]](#) shoot, okay well, are you physically active? did you get bloodwork done sometime lately?

Been something i've dealt with since I was 12-13, I'm about to turn 24. Bloodwork turns nothing that would indicate insomnia and I try to be active, I'm not a marathon runner but I do things outside and walk daily.

**Bob White** - January 4, 2022, 8:57 pm

15mg melatonin, 600mg gabapentin, 50mg doxylamine, 10mg loratadine. My sleep cocktail for every night after quitting opiate and amphetamine abuse. Good luck bud.

**Aqzxk** - January 5, 2022, 5:13 am

You could, just beat off like the rest of us and immediately pass out after. Serious note though, try and avoid electronics a couple hours before bed for a few weeks.

**cybermager** - January 5, 2022, 11:41 am

I count down from 100 realllll slow... Like I usually won't get past 90 by the time I'm knocked out.

**2xTheTap115** - January 7, 2022, 10:08 am

Well, because of stress, I had huge problems with sleeping (waking up every few hours, having trouble falling asleep, etc.). In my case, melatonin, green tea and short walks just before bedtime helped. I don't know how this relates to others, but it worked for me.

**bevc** - January 7, 2022, 10:10 am

(Jan 5, 2022 06:13 AM)Aqzxc Wrote: [\[CITE\]](#) You could, just beat off like the rest of us and immediately pass out after. Serious note though, try and avoid electronics a couple hours before bed for a few weeks.

What if you can only beat off using electronics?

Put a few drops of lavender oil on your pillow. Really helps.

**Aqzxc** - January 7, 2022, 3:45 pm

(Jan 7, 2022 11:10 AM)bevc Wrote: [\[CITE\]](#) What if you can only beat off using electronics?

Put a few drops of lavender oil on your pillow. Really helps.

Then you've got a major problem in your hands, pun intended.

That actually sounds dope I think I'll try this tonight. Do you mean essential oil drops? Like ones that you put in a diffuser

**bevc** - January 7, 2022, 11:03 pm

(Jan 7, 2022 04:45 PM)Aqzxc Wrote: [\[CITE\]](#) That actually sounds dope I think I'll try this tonight. Do you mean essential oil drops? Like ones that you put in a diffuser

I don't know about diffuser but yeah, just the essential oil stuff you'd buy in a hippy shop that comes in a bottle, just drip 4-5 drops onto your pillow before getting in bed and you'll be out like a light. If you like taking baths before bed, use some in your bath too. I'm sure you could just get some lavender and keep it under your pillow, but the essential oil is easier.

**FinanceMan901** - January 8, 2022, 8:00 am

Try to get in a solid workout in during the day. I also hallucinated off Ambien, heavy doses of quil, etc. Smoking pot also can put me to bed.

**Undead** - January 8, 2022, 9:02 am

Try to go to sleep around the same time everyday. Avoid blue light instead read a book about an hour before bedtime. Don't get frustrated if you can't fall asleep, focus on external noise around you rather than overthinking which keeps your brain stimulated.

**?Dødgygeez** - January 8, 2022, 10:40 am

I use an essential oils pillow spray and rollerball, I try not to use electronics and I take prescribed Zopiclone 1 hour before I go to sleep.

**bevc** - January 8, 2022, 10:44 am

(Jan 8, 2022 10:02 AM)Undead Wrote: [\[CITE\]](#) Try to go to sleep around the same time everyday.

Ah yes, I meant to mention this one, try not to vary your bedtime and get up time by more than an hour on any given day. Consistent routine is very important to our circadian rhythm. Have a 'wind down routine' that you do every day before you go to bed, and maybe do some bedtime yoga (plenty of videos on youtube).

**RealJohnSample** - January 8, 2022, 1:28 pm

Try 100mg of Graval (Diphenhydramine) 1 hour before you want to sleep

**Godoxx** - January 10, 2022, 11:52 pm

I presently have the same issue. I have noticed that, if i work my self moderately(physical activity) and go to bed as early as 9pm, i could get 5 to 6 hours. I hate taking drugs to correct this

**bluey1** - January 12, 2022, 3:25 am

Make sure you don't bring your phone into bed with you and look at it. That's not good for your sleep routine.

**kfckfc** - January 12, 2022, 12:24 pm

Breathing techniques help me. And try not to move. And sleep in the position most comfortable to you, not "on your back" as research has showed that it's bullshit that one way of sleeping is better than the other.

**Roytoy** - January 12, 2022, 12:27 pm

I get sleepy every time i watch Youtube videos, but if I'm ok Tiktok or Instagram, I never go to sleep.

**BlueApron** - January 20, 2022, 11:23 am

I've been seeing a lot on social media the stupid banana trick, where you cut the ends off and put the banana in boiling water then drink the banana water lol it sounds dumb but It seems like a lot of people have been testing it and it works. Link for "banana peel tea":

<https://mommypotamus.com/banana-tea-for-sleep/>

**1940rorschach** - January 20, 2022, 6:53 pm

I'm assuming you've done an in-center sleep study? Sleep disturbances definitely suck. There's nothing that will screw with your life like disordered sleep. I have a lot of sympathy for people like you. Are you able to get 7+ hours of sleep per day (including afternoon naps) and simply have trouble getting more than 4-5 hours of sleep per night, or do you literally only get 4-5 hours of sleep per day?

**thr0w4w4y** - January 21, 2022, 4:22 pm

I have similar to what many of you mention, after many attempts this can sometimes work for me.

-2mg Melatonin taken 1 hour before you intend to sleep

-0.5g GABA

-Walk for 30-60mins outside your house(even if cold put on a jacket)

-Do NOT listen to music through headphones 1 hour before sleep, it seems to disturb the brain in a way thought cannot override.

-Hot Chocolate 10 minutes before sleep made with all milk or part milk, the milk contains tryptophan which helps boost serotonin levels.

Hopefully this works for somebody.

**ninja137** - January 21, 2022, 4:53 pm

Minimizing screen time 1-2 hours before bed time helps a lot.

**The Pact** - January 21, 2022, 8:31 pm

(Jan 4, 2022 08:38 PM)Rionxee Wrote: [\[CITE\]](#) I was taking up to 12mg of melatonin with zero impact at all.

Yes it had no effect on me at all. I take 25mgs of Quetiapine.

(Jan 20, 2022 07:53 PM)1940rorschach Wrote: [\[CITE\]](#) I'm assuming you've done an in-center sleep

study?

Is that even a thing anywhere but large cities in the USA? I doubt that it is.