

Forum:[Hack Forums](#)

Thread: [Who else lives with insomnia?](#)

The Pact - August 4, 2022, 3:48 pm

So my older son and I struggle a lot with insomnia. I think for us it's because we both have ADHD. Who else here has insomnia?

ven0m - August 4, 2022, 3:51 pm

I used to have it but I somehow overcame it. I now call it beneficial insomnia. This means I can bring it back when I need to stay up for a prolonged time.

MavenGradle - August 4, 2022, 3:59 pm

Yeah, went on 3 hours of sleep today. Actually been sleeping really awful lately. Just bouts of waking up in the middle of the night after a couple of hours of sleep and being wide awake. It ain't ADHD though, I'm trying to reduce my xanax usage but a fun side effect is the inability to sleep. At least I'm super productive right now and wide awake.

Xanax withdrawals are like being on cocaine. Writing 2k lines of code in an afternoon and having time left to post on HF like a madman. Well, gotta farm those bytes somehow.

Isolate - August 4, 2022, 4:07 pm

(Aug 4, 2022 03:59 PM)MavenGradle Wrote: [\[CITE\]](#) Yeah, went on 3 hours of sleep today. Actually been sleeping really awful lately. Just bouts of waking up in the middle of the night after a couple of hours of sleep and being wide awake. It ain't ADHD though, I'm trying to reduce my xanax usage but a fun side effect is the inability to sleep. At least I'm super productive right now and wide awake.

Xanax withdrawals are like being on cocaine. Writing 2k lines of code in an afternoon and having time left to post on HF like a madman. Well, gotta farm those bytes somehow.

Becareful with how much you reduce at a time, too much and it can throw you into a seizure just half a mg at a time such suffice.

Also OP, I to also have insomnia but I take some good meds to make sure I get my 8h/r's of sleep in, cant miss my 8 >:)

MavenGradle - August 4, 2022, 4:13 pm

(Aug 4, 2022 04:07 PM)Isolate Wrote: [\[CITE\]](#) Becareful with how much you reduce at a time, too much and it can throw you into a seizure just half a mg at a time such suffice.

Also OP, I to also have insomnia but I take some good meds to make sure I get my 8h/r's of sleep in, cant miss my 8 >:)

Thanks for your concern and you're absolutely right. Xanax or benzo's are NOT drugs that one should quit cold turkey, because one could face the risk of death.

Been a benzo user for like 5 years now. Had to start taking it because of the very problems I'm now facing: e.g. euphoria, enhanced performance, inability to sleep and general restlessness. I've currently reduced my dosage from 2 mg to 0.5 mg in about a week but you're right, it's getting dangerously close to the danger zone.

No worries though, it's all on the doctor's orders but I've decided on my own to reduce the dosage

because I thought I might be able to function properly without it. So far so good, but it's really annoying, like OP and you know, to not be able to sleep.

Haven't had a seizure or anything major happen so far and it's been about 7 days of this insomnia hell. Taking it slow though, nice and slow. When something weird starts happening, I still have my xanax and am still being well supplied by my legitimate doctor and prescriptions.

The Pact - August 4, 2022, 4:35 pm

(Aug 4, 2022 04:07 PM)Isolate Wrote: [\[CITE\]](#) Becareful with how much you reduce at a time, too much and it can throw you into a seizure just half a mg at a time such suffice.

Also OP, I to also have insomnia but I take some good meds to make sure I get my 8h/r's of sleep in, cant miss my 8 >:)

Yeah I have meds for it but they have some bad side effects and they put me on a crazy dose to being with that I had to work my way down. I'm now on the minimum of 25mgs but any time I try to quit the last 25 I don't sleep for like 38 hours until I cave and take the damn thing. Ugg.

Isolate - August 4, 2022, 6:21 pm

(Aug 4, 2022 04:13 PM)MavenGradle Wrote: [\[CITE\]](#) Thanks for your concern and you're absolutely right. Xanax or benzo's are NOT drugs that one should quit cold turkey, because one could face the risk of death.

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That's good to know you are well aware of the effects the withdraw can produce too many people try to quit without understanding the repercussions of the drug long term. Just take it easy, when I had my seizure that morning nothing really felt off other than I was tired as usual from not really sleeping well all that week because of lowering the dosage and next thing I know I was on the ground talking to an ambulance. Hope everything goes well my friend glad to hear you are getting off/taking it down a notch. Very powerful drug, but it helps when you need it too.

Gary - August 4, 2022, 7:32 pm

Never diagnosed officially, but I assume I have it. I don't sleep much to begin with and struggle with it.

DashPHP - August 4, 2022, 11:47 pm

(Aug 4, 2022 07:32 PM)Gary Wrote: [\[CITE\]](#) Never diagnosed officially, but I assume I have it. I don't sleep much to begin with and struggle with it.

I agree. Never diagnosed but I feel i have a mild level of insomnia. I do get at-least 5-6 hours of sleep, but often can randomly wake up and not easily fall back asleep. I usually just get up and start coding till i'm really tired, then sleep. :D

Rifle - January 29, 2023, 12:03 pm

I have insomnia and I am ADHD

The Pact - January 30, 2023, 11:23 pm

(Jan 29, 2023 01:03 PM)Rifle Wrote: [\[CITE\]](#) I have insomnia and I am ADHD
We are soul mates. I am doing pretty well on with the insomnia on my sleeping pill but it has had some side effects.

tonytwo beers - January 31, 2023, 10:21 am

Insomnia is a big part of why I smoke weed.

Helps me, but it's not for everyone.

?nxy - January 31, 2023, 11:07 am

I'm so fucked up I can't tell if I have insomnia

tossing and turning

Charlie Sheen - January 31, 2023, 12:00 pm

I don't think I have insomnia. But I definitely have a very difficult time falling asleep and staying asleep.

Rebel-X - January 31, 2023, 1:59 pm

Im ADD so my brain never shuts up! Very annoying! I sometimes take some sleeping pills and other days I take natural herbs and tea.

KREIDEPRINZ - January 31, 2023, 2:02 pm

Well I dont have any conditions, but I often have a hard time falling assleep. I usually listen to some ASMR (seems stupid but I think it helps)

The Pact - February 7, 2025, 8:05 pm

(Jan 31, 2023 02:59 PM)Rebel-X Wrote: [\[CITE\]](#) Im ADD so my brain never shuts up! Very annoying! I sometimes take some sleeping pills and other days I take natural herbs and tea.

Yup, same here. That's the cause of my insomnia I'm sure. I take the sleeping pill and I'm addicted to it. If I try to quit I get horrendous symptoms but I managed to get it down so I only take the smallest possible amount each night.

Pr0m3th3us - February 7, 2025, 8:09 pm

Yep my brain is always thinking of useless crap I can't even remember the next day, this is one reason I drink.

The Pact - February 7, 2025, 8:13 pm

I full detail conversations from every period of my life coming back and distracting me. It is such a problem to be honest.

GILBERT - February 8, 2025, 7:51 am

I can never fall asleep if I set the alarm. Then I just think how important it is that I sleep, and that makes it impossible to sleep. Every time, same thing. D:

The Pact - October 29, 2025, 1:25 am

(Jan 31, 2023 02:59 PM)Rebel-X Wrote: [\[CITE\]](#) Im ADD so my brain never shuts up! Very annoying! I sometimes take some sleeping pills and other days I take natural herbs and tea.

So you clearly aren't addicted to the sleeping pill. Yeah my brain never shuts up either that's why I want to be knocked out by a sleeping pill but the problem is that it's really inconsistent about actually

knocking me out.

DAL-SHA - October 29, 2025, 3:57 am

I have insomnia only when I'm sleeping in a new place , in bed with a new girl , had an extremely bad news ..

JoshAllen - October 29, 2025, 7:35 am

It's the same here. Mine is also because of ADHD. My brain refuses to shut off.

diablospartan - October 29, 2025, 7:51 am

I dont know if its insomnia but in my case half of my sleep its thinking ,staying awake etc .Its not a real sleep

JoshAllen - October 29, 2025, 8:45 am

(Oct 29, 2025 07:51 AM)diablospartan Wrote: [\[CITE\]](#) I dont know if its insomnia but in my case half of my sleep its thinking ,staying awake etc .Its not a real sleep

If it is happening multiple days in a row, it is considered insomnia.

leste - October 29, 2025, 6:18 pm

I don't like sleeping at night, but when I do sleep, I can never get up.

Palestine - October 29, 2025, 9:43 pm

(Aug 4, 2022 03:48 PM)The Pact Wrote: [\[CITE\]](#) So my older son and I struggle a lot with insomnia. I think for us it's because we both have ADHD. Who else here has insomnia?

10000% I literally stay up every single night and day lol I only sleep just enough to function. Idk why ever since I cut down on smoking so much weed I've noticed I have much more insomnia now. Also because I used to always sleep with my ex and now that I'm not with her anymore I get to stay up all night again lol

Pimping - October 29, 2025, 11:06 pm

I would say about twice a week i do i cant fall asleep no matter what i do

I wish i could fix it.... just happens randomly

Jinu - October 29, 2025, 11:09 pm

Yeah, I deal with it too sometimes. My mind just won't shut off when I try to sleep. It's like every random thought decides to show up at once.

DAL-SHA - October 30, 2025, 9:59 am

(Jan 31, 2023 03:02 PM)KREIDEPRINZ Wrote: [\[CITE\]](#) Well I dont have any conditions, but I often have a hard time falling asleep. I usually listen to some ASMR (seems stupid but I think it helps)

Why don't you try to read sir ?? Some topic that interest you at the very least , 10 - 15 minutes before sleeping , a good read is good to calm the brain down and staying away from electronics or phones also good for the frequency of the brain ..

brugge97 - October 30, 2025, 1:52 pm

Insomnia is a big part of why I smoke weed.

The Pact - October 30, 2025, 1:55 pm

It's 9:55am and I haven't slept at all, but it's more that I was writing all night for a contest and didn't even take my sleeping pill.

TheEmeraldSerpent - October 30, 2025, 2:02 pm

Seems like a lot of us (myself included) live with Insomnia and ADHD. Personally, I smoke 1.02

grams (Yes, I measure it every time) of Indica or Hybrid before bed and it helps a bit. To each their own though what helps me might not help you.

JoshAllen - October 30, 2025, 2:07 pm

(Oct 30, 2025 02:02 PM)TheEmeraldSerpent Wrote: [\[CITE\]](#) Seems like a lot of us (myself included) live with Insomnia and ADHD. Personally, I smoke 1.02 grams (Yes, I measure it every time) of Indica or Hybrid before bed and it helps a bit. To each their own though what helps me might not help you.

Weed sometimes helps me, but it makes my mind VERY foggy when I get to high or smoke too often.

TheEmeraldSerpent - October 30, 2025, 2:14 pm

(Oct 30, 2025 02:07 PM)Josh Allen Wrote: [\[CITE\]](#) Weed sometimes helps me, but it makes my mind VERY foggy when I get to high or smoke too often.

Honestly, CBT-I (cognitive behavioral therapy for insomnia) or Digital CBT-I might help. The only reason CBT-I doesn't work for me is because I'm too "Stubborn". It sucks a lot that weed makes your mind foggy I personally haven't experienced that before.

B3A - October 30, 2025, 4:58 pm

Im here 2 AM writing posts trying for the award

Pimping - November 2, 2025, 12:15 am

(Oct 30, 2025 04:58 PM)B3A Wrote: [\[CITE\]](#) Im here 2 AM writing posts trying for the award
Literally me but doing it for a lounge head now
at 86% and have until tomorrow to get it

The Pact - November 2, 2025, 12:30 am

(Nov 2, 2025 12:15 AM)Pimping Wrote: [\[CITE\]](#) Literally me but doing it for a lounge head now
at 86% and have until tomorrow to get it
Why until tomorrow?

Pimping - November 2, 2025, 12:32 am

(Nov 2, 2025 12:30 AM)The Pact Wrote: [\[CITE\]](#) Why until tomorrow?
I started posting on oct 2nd to grind for octoberfest so my progress resets on nov 2nd later in the day

Lefty - November 2, 2025, 3:38 am

Yes but only for a few weeks. It turned out to be the amount of caffeine I was having with my coffees. Slept okay after that haha

Pimping - November 2, 2025, 1:42 pm

(Nov 2, 2025 04:38 AM)Lefty Wrote: [\[CITE\]](#) Yes but only for a few weeks. It turned out to be the amount of caffeine I was having with my coffees. Slept okay after that haha
Honestly i can have a lot of coffee/tea and be able to sleep most nights
sometimes caffeine just does nothing for me.... only when i drink celsius drinks it actually affects me

padrino - November 2, 2025, 2:41 pm

Yeah I've struggled with it since I was a teenager. I also have ADHD so... yeah.

Pimping - November 2, 2025, 2:42 pm

(Nov 2, 2025 03:41 PM)padrino Wrote: [\[CITE\]](#) Yeah I've struggled with it since I was a teenager. I also have ADHD so... yeah.
I believe i may have ADHD as well theres just been a lot of signs for me

have to get evaluated for it.... but i would not be surprised if i had it aswell

The Pact - November 5, 2025, 1:21 pm

(Nov 2, 2025 03:41 PM)padrino Wrote: [\[CITE\]](#) Yeah I've struggled with it since I was a teenager. I also have ADHD so... yeah.

Yeah, it gets a lot worse during puberty. Wow, this thread anecdotally makes it so obvious that there is a connection between ADHD and insomnia.

RITARI - November 5, 2025, 1:26 pm

I have diagnosed ADD but I have never had trouble going to sleep, except when I am doing something really interesting.

Halodirt - November 5, 2025, 7:07 pm

(Aug 4, 2022 03:48 PM)The Pact Wrote: [\[CITE\]](#) So my older son and I struggle a lot with insomnia. I think for us it's because we both have ADHD. Who else here has insomnia?

I definitely deal with insomnia... partially due to genetics the other side of it is chemically induced. I just try to use it to maximise my time and efforts as far as my goals and objectives are concerned. It never seems bad until you get to like day 3 and now the extra opinions come. lol. But I have learned that rest is very important, as well as a healthy diet and overall implementation of balance and good habits. But you live and you learn, and you live some more... & the pendulum swings.

The Pact - November 7, 2025, 2:09 am

I'm hoping I won't have it tonight.

dogmatic - November 7, 2025, 2:41 am

I have sporadic bouts of mild insomnia.

The Pact - November 13, 2025, 7:15 pm

I still feel half a sleep late in the afternoon right now.

The Pact - December 21, 2025, 4:40 am

(Nov 2, 2025 03:41 PM)padrino Wrote: [\[CITE\]](#) Yeah I've struggled with it since I was a teenager. I also have ADHD so... yeah.

Yeah, gets even worse after puberty with ADHD.

People with ADHD often struggle to fall asleep or stay asleep, and the resulting exhaustion makes ADHD symptoms worse the next day. That worsening then makes sleep even harder the following night.

Research shows that ADHD's mental and physical restlessness continue into the night, making it harder to wind down and fall asleep.

It's a well-documented pattern. ADHD brains often struggle with transitions, especially the shift from stimulation to rest. When you combine that with racing thoughts, hyperfocus, or emotional intensity, sleep becomes a real challenge.

KREIDEPRINZ - January 2, 2026, 3:40 pm

(Oct 30, 2025 09:59 AM)Dalsha Wrote: [\[CITE\]](#) Why don't you try to read sir ?? Some topic that interest you at the very least , 10 - 15 minutes before sleeping , a good read is good to calm the brain down and staying away from electronics or phones also good for the frequency of the brain ..

I have. Or sort of. I listen to science or geopolitical podcasts or read a psychology book.

Chorozon - January 3, 2026, 1:18 am

(Aug 4, 2022 03:48 PM)The Pact Wrote: [\[CITE\]](#) So my older son and I struggle a lot with insomnia. I think for us it's because we both have ADHD. Who else here has insomnia?

I have had the same thing from ever since i remember it works hand in hand with the ADHD

I have just worked with it as much as i can to get work done if i don't sleep

The Pact - January 3, 2026, 5:12 am

(Jan 3, 2026 02:18 AM)Chorozon Wrote: [\[CITE\]](#) I have had the same thing from ever since i remember it works hand in hand with the ADHD

I have just worked with it as much as i can to get work done if i don't sleep

Yup. Even when I was a little tiny kid my parents had to provide music for me, that I was familiar with, to help me go to sleep and they had to keep playing it and playing it and restarting it because I wouldn't fall asleep easily, and they would get annoyed. lol