

Forum:[Hack Forums](#)

Thread: [How do you fall asleep fast?](#)

Pimping - October 13, 2025, 9:01 pm

Making this thread because yesterday i was laying in bed for a literally 5 hours trying to sleep it felt like i wouldnt be able to at all no matter what i did. this happens to me some times where i cant sleep randomly and it messes up my day since i dont get enough sleep.... its so weird because i was tired but i still couldnt fall asleep

any ideas? I dont want it to happen again tonight since i have shit to do all day tomorrow hahaha

Deany - October 13, 2025, 9:01 pm

By staying up so long I can't move anymore

Cap - October 13, 2025, 9:36 pm

With my HVAC job, I worked a lot of hours and by the time I got home I was naturally exhausted. I'd literally fall asleep within 2 minutes once my head hit the pillow, my wife was jealous.

What's your normal day look like?

Terry A. Davis - October 13, 2025, 11:22 pm

Usually bang my head against the wall until I feel just the right amount of dizzy, by that point the people upstairs are screaming at me to stop, so their yells put me into a nice state of mind for rest.

Oh_Well - October 14, 2025, 12:39 am

If I have trouble sleeping I put on ambient sounds, it calms me

Jamika - October 14, 2025, 1:07 am

Usually i hold my phone and watch any live stream , noise make me sleep i think

RangoWorld - October 14, 2025, 1:29 am

Does it happen frequently for you or just one odd? If it's frequent then you might need to check up with a Doctor.

I personally never had trouble sleeping. I sleep around my regular sleep time and I make sure I'm somewhat tired mentally and physically by the time I go to sleep.

Eran - October 14, 2025, 1:59 am

If you've had a busy day and woken up early you shouldn't have a hard time falling asleep. The noise of a fan always helps me ease my mind and help.

Bastille - October 14, 2025, 2:01 am

I always watch movies or series and fall asleep. I choose movies or series that are not that interesting, otherwise it would raise my attention and it would be counter productive.

If you're struggling to sleep, my psychologist told me that you shouldn't stay in your bed, and instead you should go out of the bed and do something, and of course avoid things like screens or stuff that stimulate you too much. A good idea is to read books.

At the end, when I'm really struggling, the easy but not the healthiest solution : a pill of xanax, works like a charm

CryptoMancer - October 14, 2025, 2:02 am

Try taking melatonin on days where you cant sleep it helps me

aj33b9009 - October 14, 2025, 5:57 am

If you do not suffer from psychological illnesses such as insomnia, depression, or overthinking... this means that your body needs physical effort in order to be able to sleep at night.

JoshAllen - October 14, 2025, 7:22 am

I have always struggled to sleep similar to you. Being tired but can't fall asleep.

Mine is directly related to anxiety and my mind won't shut up.

If you want to take anything for it Melatonin/Magnesium is stuff you can buy off the shelf and very safe.

plops - October 14, 2025, 8:10 am

An active day is important for you body and mind. Consider adding strenuous workouts to your routine.

Exhaust yourself during the day.

Also when in bed just practice breathing and counting breathes. And only that. Block any noise.

jcole - October 14, 2025, 8:16 am

I usually will end up rolling over once or twice and then I'm out. Don't sleep in a hot room, don't sleep on hot sheets, and for me drinking a cold water before bed helps.

Yin Yang - October 14, 2025, 8:36 am

I'm a light sleeper and don't need much sleep.

I will have days that I crash though

psickophant - October 14, 2025, 9:41 am

Seems like there are a few good suggestions from other HF members. Prior to cybersecurity, I was a pharmacist and got that question all the time. This can be a complex issue. Different psychologically based issues, like depression and anxiety, are the most common. Usually, these are just symptoms of an underlying psychological illness. How you approach treating this is similar for most conditions. First, try to relax as much as possible during the hour before you plan to go to bed. Many people find that hot showers/baths help. Practicing some form of meditation or mindfulness is also helpful for many people. There are a few things that you should avoid doing right before trying to go to sleep like watching TV or doing anything on a computer screen/tablet. Many studies have shown that light naturally stimulates the brain to think the sun is coming up and the day is starting. Unless directed by medical professionals, you should also avoid alcohol and caffeine prior to going to bed. Eating should also be avoided within that hour. Many people also find prayer to be helpful. If none of these things help over time, it is time to talk to your doctor. Restlessness can be a symptom of many underlying medical/psychological conditions that could be serious. Proper diagnosis is important to find the right treatment, whether it is a medication, supplement, or counselling. I hope someone finds this useful.

anna-san - October 14, 2025, 4:26 pm

I'm through the same, I usually drink tea before sleep, that helps me to stay calm. Also, what some had said about no screen before sleep is real. Try to be away from social media and screens at least

2 hours before sleeping. That may help

SIM-5022267 - October 14, 2025, 5:41 pm

Get a fan. Somehow the cool air blowing in your face and body makes you fall asleep very easily.

Palestine - October 14, 2025, 5:57 pm

My first and best way was always smoking weed, definitely helped ALOT TTTT. But if you're not a smoker then you try CBD.

I also recently came across some OLLY Extra Strength Sleep Gummies in my house and tried them, wow I literally was so surprised how well they worked!!! Definitely give them a try

plops - October 14, 2025, 6:12 pm

(Oct 14, 2025 09:41 AM)psickophant Wrote: [\[CITE\]](#) Seems like there are a few good suggestions from other HF members. Prior to cybersecurity, I was a pharmacist and got that question all the time. This can be a complex issue. Different psychologically based issues, like depression and anxiety, are the most common. Usually, these are just symptoms of an underlying psychological illness. How you approach treating this is similar for most conditions. First, try to relax as much as possible during the hour before you plan to go to bed. Many people find that hot showers/baths help. Practicing some form of meditation or mindfulness is also helpful for many people. There are a few things that you should avoid doing right before trying to go to sleep like watching TV or doing anything on a computer screen/tablet. Many studies have shown that light naturally stimulates the brain to think the sun is coming up and the day is starting. Unless directed by medical professionals, you should also avoid alcohol and caffeine prior to going to bed. Eating should also be avoided within that hour. Many people also find prayer to be helpful. If none of these things help over time, it is time to talk to your doctor. Restlessness can be a symptom of many underlying medical/psychological conditions that could be serious. Proper diagnosis is important to find the right treatment, whether it is a medication, supplement, or counselling. I hope someone finds this useful. Jesus christ dude, I read your whole bit. I like what you have to say. But consider some paragraph breaks.

My opinion is that medicine is not the cure for insomnia. No PhD speech or peer written review will change my thoughts. We are monkeys. Our body and mind still crave exhaustion. Hard working folks here like [jcole](#) and others have no problem sleeping. Take a trip in jcole post history and you will see the guy work 50-60+ hours a week. Sleep comes as it should.

You wrote your block down as a pharma commercial. I work my 50 hours, run 3-4 days 20-30 minutes, lift weights 5 days a week, plus have a family and a project I am trying to lift off the ground.

I will SLAM a few potatoes and a block of cheese RIGHT before bed. I sleep like a baby. On my day off I might be stuck on one integration of my project. I still run and work out. I sleep well.

The only fix all is exhaustion and completion, it's primitive. Color a picture all week, i bet you feel accomplished when you throw away an empty marker. Work out so hard your legs are useable but weak at the end of the day. I bet your body will thank you in bed.

jcole - October 14, 2025, 6:32 pm

(Oct 14, 2025 06:12 PM)plops Wrote: [\[CITE\]](#) Jesus christ dude, I read your whole bit. I like what you have to say. But consider some paragraph breaks.

My opinion is that medicine is not the cure for insomnia. No PhD speech or peer written review will change my thoughts. We are monkeys. Our body and mind still crave exhaustion. Hard working folks

here like [jcole](#) and others have no problem sleeping. Take a trip in jcole post history and you will see the guy work 50-60+ hours a week. Sleep comes as it should.

You wrote your block down as a pharma commercial. I work my 50 hours, run 3-4 days 20-30 minutes, lift weights 5 days a week, plus have a family and a project I am trying to lift off the ground.

I will SLAM a few potatoes and a block of cheese RIGHT before bed. I sleep like a baby. On my day off I might be stuck on one integration of my project. I still run and work out. I sleep well.

The only fix all is exhaustion and completion, it's primitive.

Color a picture all week, i bet you feel accomplished when you throw away an empty marker.

Work out so hard your legs are useable but weak at the end of the day. I bet your body will thank you in bed.

Lately the new norm is becoming 70-90 hour weeks. A lot of me being able to sleep good is working outside, pushing my body, and also taking care of my health. I don't do drugs, don't drink alcohol, but I do vape nicotine. I remember the days when I would use psychotic drugs and had the worst sleep of my life. Sleep wasn't the only thing effected in my life because of drugs either. Appetite and libido were also spiraling in an unhealthy manner.

Taking care of your physical, mental, and emotional health is a big impact on how your life is lived. Sleep comes naturally, but there are those that do have an actual medical diagnosis, but it can't be everyone.

psickophant - October 14, 2025, 11:01 pm

(Oct 14, 2025 06:12 PM)plops Wrote: [\[CITE\]](#) Jesus christ dude, I read your whole bit. I like what you have to say. But consider some paragraph breaks.

My opinion is that medicine is not the cure for insomnia. No PhD speech or peer written review will change my thoughts. We are monkeys. Our body and mind still crave exhaustion. Hard working folks here like [jcole](#) and others have no problem sleeping. Take a trip in jcole post history and you will see the guy work 50-60+ hours a week. Sleep comes as it should.

You wrote your block down as a pharma commercial. I work my 50 hours, run 3-4 days 20-30 minutes, lift weights 5 days a week, plus have a family and a project I am trying to lift off the ground.

I will SLAM a few potatoes and a block of cheese RIGHT before bed. I sleep like a baby. On my day off I might be stuck on one integration of my project. I still run and work out. I sleep well.

The only fix all is exhaustion and completion, it's primitive.

Color a picture all week, i bet you feel accomplished when you throw away an empty marker.

Work out so hard your legs are useable but weak at the end of the day. I bet your body will thank you in bed.

I am so Sorry for the run-on paragraph. I get locked into writing mode and don't notice. My brain gets ahead of my body.. LOL. I will be more courteous in the future.

I am on board with you about medication for sleep. Over-the-counter sleep aides dont work well and the Rx meds are usually addictive. Few people need that. People have just gotten used to taking a pill for everything. I didn't mention exercise but that really is the best way, like you touched on. The body will sleep eventually for most people.

Tyr - October 14, 2025, 11:01 pm

I literally cannot. I wish half of what you said works.

Hazii - October 15, 2025, 1:28 am

Take a 30 minute book read session before a bed time and you will sleep like a baby!

sharn - *October 19, 2025, 11:07 am*

I keep my room cool and dark.

My body relaxes and sleep hits faster.

PacketPilot - *October 19, 2025, 11:15 am*

(Oct 13, 2025 09:01 PM)Pimping Wrote: [\[CITE\]](#) Making this thread because yesterday i was laying in bed for a literally 5 hours trying to sleep

it felt like i wouldnt be able to at all no matter what i did. this happens to me some times where i cant sleep randomly and it messes up my day since i dont get enough sleep.... its so weird because i was tired but i still couldnt fall asleep

any ideas? I dont want it to happen again tonight since i have shit to do all day tomorrow hahaha
Man I get that, it's the worst when you're tired but your brain just won't shut off. What helps me is putting my phone away early and doing something boring like reading or listening to calm music. Also keeping the room cool and dark helps a lot. If I can't sleep after like 20–30 minutes, I just get up for a bit instead of forcing it.

SoraWiki - *October 19, 2025, 11:17 am*

Work enough so when you get the chance your body just takes it.