

Getting to sleep

Posted by blackbigday - 22 Sep 2011 22:27

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Hey everybody,

One of my areas of struggle is getting to sleep. That is when my mind wanders and the dimyon comes in.

I have tried learning and saying tehillim before bed, and it has been pretty good.

Any other hints out there?

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Re: Getting to sleep

Posted by struggler - 23 Sep 2011 01:30

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There are a lot of good natural substances that could help you to relax and fall asleep. In past I have taken Valerian and Melatonin. Melatonin is more for people whose internal clock is working improperly (they are awake when they should be sleeping & etc ), but it helps with falling asleep as well.

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Re: Getting to sleep

Posted by ninetydays - 23 Sep 2011 06:27

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Try reading. Do not know if you are much of a reader but it has helped me a lot.

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Re: Getting to sleep

Posted by alexeliezer - 23 Sep 2011 19:30

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Go over a piece of Gemara in your head, slowly. When I do this, I'm gone in 60 seconds. I think the Sutton himself puts me to sleep to keep me from learning.

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Re: Getting to sleep  
Posted by Gevura Shebyesod - 23 Sep 2011 20:38

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That works for me every Friday night while I am being Maavir Sedra. Then I wake up an hour

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Re: Getting to sleep  
Posted by gibbor120 - 23 Sep 2011 21:06

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I usually find that *lecha dodi* does it for me :-[.

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Re: Getting to sleep  
later with a backache from being slumped over in the chair  
Posted by Yossi.L. - 25 Sep 2011 01:19

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Do something productive before you go to bed. When you do something productive you will feel good about yourself, and when your in a simchadika mood its easier to battle the yetzer hara.....or maybe say a specific prayer to Hashem to help you fight this evil inclination that always helps...

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