

more sleep

Posted by MARK - 07 Oct 2009 18:39

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hi everyone!

this may seem a little different but it is tried and true.

whatever it is that you are struggling with, in our case it sexual lust..porn..

we all know that we are most vulnerable when we are feeling down.

(now, this is not to suggest that what i'm about to say is the end to all of our problems

however it will definitely help)

we all know that when we are well rested we feel good. when we eat right we feel healthy.  
correct?

therefore my suggestion is get 8 hours of sleep a night..eat right and you will be happier

once you feel happier and more refreshed it is easier to take on challenges

i believe that one of the tactics of the satan is to tell us, "that if you sleep 8 hours

and eat right (very minimal table sugar) you are a nerd..looser...get a life

the only real way to get anything done is to go on 5 hours of sleep

and do not waste your time on eating properly..."

trust me, a lot of struggles can be avoided if we feel right.

now again i'm not suggesting that this is "thee" answer, but try it,...see what happens

special message to teenager and unmarried young bochurim

once you are married and have children, you no longer have the freedom to get 8 hours of sleep on a constant basis. therefore take advantage now....

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Re: more sleep

Posted by Dov - 07 Oct 2009 21:16

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Ditto about it all.

While acting out heavily, I was getting 3-4 hours a night, then getting sick every Shabbos and cleaning up until I was ready for work again Sunday or Monday. That went on for about 7 or 8 years.

After getting sober, I started to see that that crazy sleep pattern was making it too hard for me to stay sober, so it finally had to change. My goal was always to get 8-9 hours per night but what actually ended up working for me was getting 5-7 hours and waking up early to learn with a chevra before shacharis (oh yeah, and actually *davening* shacharis like a normal Jew, for a change, too).

After all, how precious can my sobriety be, if I feel crappy all the time? And it needs to be *precious* to me, to protect it at any cost.

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Re: more sleep

Posted by Noorah BAmram - 08 Oct 2009 01:41

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Very well said! Thanks for sharing this. I feel the same way! When I have not. Enough sleep everything is a big deal! when im well rested we have the ability to handle even the biggest deal!

Thanks so much for sharing this

Good luck

Love and Prayers

Noorah

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Re: more sleep

Posted by Holy Yid - 08 Oct 2009 02:05

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I had a rough day and part of it was cuz I stayed up late last night.

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Re: more sleep

Posted by Rage AT Machine - 08 Oct 2009 02:12

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there are those people who believe the answer to everything lies in 8 hours of sleep...you're an  
sa? sleep 8 hours! you're fat? sleep 8 hours...ran out of quarters at the laundromat? sleep 8  
hours....

then there are others that believe the answer to everything lies in 8 glasses of 8 ounces of  
water....ever notice how it's always 8...i believe in none of it...then again, i don't sleep, and don't  
drink water and have all kinds of problems so what do i know...

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Re: more sleep

Posted by Holy Yid - 08 Oct 2009 02:16

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You need to work on this and do hard work, BUT sleep makes it easier.

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Re: more sleep

Posted by letakain - 08 Oct 2009 03:32

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well i agree. maybe not 8 but the y''h finds it easy to get me when my resistance is low.

that's when i'm tired, sad, or stressed. so aiming for more sleep is helpful!

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Re: more sleep

Posted by Dov - 08 Oct 2009 22:38

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[Rage AT Machine wrote on 08 Oct 2009 02:12:](#)

....ever notice how its always 8...i believe in none of it...then again, i dont sleep, and dont drink water and have all kinds of problems so what do i know...

Just wait for Sh'mini Atzeres, buddy.

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Re: more sleep

Posted by Kedusha - 09 Oct 2009 03:11

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[Rage AT Machine wrote on 08 Oct 2009 02:12:](#)

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RAM,

:D ;D

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Re: more sleep

Posted by dmaot - 09 Oct 2009 06:53

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Also - might I suggest exercise? When I was exercising for 45 mins every day, I felt happier and able to challenge all life threw at me (have started exercising again - and i'm starting to feel good again).

Also, it's a great time to listen to shiurim.

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I disagree with you for 8 reasons . . .

Re: more sleep

Posted by jerusalemsexaddict - 12 Oct 2009 09:56

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I think many of us have a very hard time falling asleep at night.

We try to just "get by" the day,and we usually come out with alot of stress,and at night is when we "live" and try to relax.

I personally hate getting up in the morning and delay that moment until I mamesh have to get up.

Why?Cause that means less hours having to be up and depressed.

Our life basically becomes about just getting through the day(which is really what life is)and

staying up the nights (fantasy and escape).

Basically we are not so much living really.

Interesting.

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Re: more sleep

Posted by Eye.nonymous - 12 Oct 2009 13:00

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Well, I guess if we just sleep 8 or 9 hours each night, exercise an hour or two each day, and spend the rest of our time drinking water, we won't have any time to do anything wrong.

I think there's a gemarra sort of like that.

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Re: more sleep

Posted by G38 - 12 Oct 2009 16:58

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[dmaot wrote on 09 Oct 2009 06:53:](#)

Also - might I suggest exercise? When I was exercising for 45 mins every day, I felt happier and able to challenge all life threw at me (have started exercising again - and i'm starting to feel good again).

Also, it's a great time to listen to shiurim.

It was actualy reported in the papers that walking in general produces the "feel good" hormones, and when you feel good about yourself you don't want to ruin that.

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