

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

---

Guys I need some ideas how to overcome my yetzer for tonite. As I have posted before I normally fall asleep via J/O. And if I wake up in middle of the nite I'll do it again. Any ideas how not to? So far for starteres read something clean before sleeping.

I will be on only for another hour or two. I do not want log in to the internet once I get home from shul even if its just for GYE. Its just too dangerous. Thus the urgency

=====

Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 17 Feb 2016 18:28

---

[waydown wrote on Unknown:](#)

Huh I still don't get the learning in bed suggestion. Like seriously? At 11/12 at night after working a whole day and pushing myself to put in a night seder on top of that you expect me to have any desire at all to sit & learn a Rav Moshe at that time of night? I mean are you guys serious? Do you know how hard night seder is already? Should I also sit with a gemara and feet in cold water till I fall asleep like the chazon ish use to do Yes anyone who does that is a hiliege yid and should be blessed. But come on of any method I have heard of including ones that I don't understand much this method will be the least effective and biggest turnoff for me, It would be the worse trigger. OK Spoiler porn is definitely worse! But you get my point

Waydown, didn't I say that it was a silly idea?

Can I ask you something else, though? Is there any hobby you have or project or even chores you want to complete that you just don't see how you can get to? What I'm aiming at is that when you can't fall asleep to wear yourself thin with stuff you would truly rather do instead of... It really is miserable to be lying in bed not being able to sleep. It's an issue of it's own. So the way you have been dealing with it is by lulling yourself to sleep with..... so I'm trying to find something else to replace it while addressing your insomnia. It doesn't have to be learning by any means.

But this is probably a silly idea too.

=====

Re: Solutions for Tonight

Posted by markz - 17 Feb 2016 19:18

---