

How do you deal with Insomnia?

Posted by farblunjet - 19 Mar 2017 01:57

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After a few days days of controlling myself I cannot sleep. How do you deal with it? It could

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Re: How do you deal with Insomnia?

Posted by lhavenostrength - 19 Mar 2017 02:45

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make you go insane (if you're not already), the lack of sleep that is.

Struggled/struggle with insomnia myself. Here's what works/worked for me.

Wake up the same time everyday. Take some melatonin before bed. Don't worry about not being able to fall asleep.

I'm not careful about this one myself, but for some people it pays to limit caffeine to the a.m or at least to several hours before bedtime.

Best of luck

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Re: How do you deal with Insomnia?

Posted by Yosef Tikun HaYesod - 19 Mar 2017 13:21

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Best advice ever on this subject, from a Rosh HaYeshiva addressing this very question:

take any real Torah sefer, preferably in Hebrew, and read it in bed lying down.

The yetzer hara will HELP you fall asleep, so as to prevent you from learning.

Tried and tested.

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Re: How do you deal with Insomnia?  
Posted by Shlomo24 - 19 Mar 2017 13:34

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My therapist told me, and I have found it helpful, to find something stimulating enough that you're focused on it but not too stimulating that it keeps you up. He suggested an audiobook. I tried it with calming music and I currently listen to a podcast called "Sleep With Me" that's designed so you should fall asleep in the middle. It's free on iTunes. Melatonin is also very helpful when I need a little extra help.

There is one thing that is very important though. I needed to be willing to take these actions to help myself. Crazy as it sounds, in the past I wasn't willing to fall asleep on time.

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Re: How do you deal with Insomnia?  
Posted by Workingguy - 19 Mar 2017 14:56

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So crazy that so many people have this issue. Comforting to know I'm not the only one.

Here's a few things I did.

- 1) Started going to sleep the same basic time every night.
- 2) That time is earlier than I used to so I now don't feel panicked if I don't fall asleep right away; I know that even if it takes me a few hours I can still make it on what's left.
- 3) I stop using the computer almost an hour before bed time and start winding down.
- 4) No caffeine anywhere near bedtime- probably not after the afternoon (with some rare exceptions)
- 5) Realizing that you will live if you don't sleep. That one was hard for me.

Deep breathing and relaxation exercises also help, meditation, etc. You can find audio of how to do them online.

Let us know how it goes.

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Re: How do you deal with Insomnia?  
Posted by MayanHamisgaber - 19 Mar 2017 20:03

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I too for years had this and was going crazy but when I was honest with myself I realized that alot of the problem was that my acting out was subconsciously keeping me up. I tried the trick of taking a sefer to bed with me, it did not work for me....

I do not mean to insinuate that this is or was anyone else's problem just what I discoverd for myself

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but seriously it got much better as I stopped acting out .....

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Re: How do you deal with Insomnia?  
Posted by ColinColin - 20 Mar 2017 00:13

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Clean bed sheets help.

Make your bedroom as dark as possible.

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Re: How do you deal with Insomnia?  
Posted by Singularity - 20 Mar 2017 08:31

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[MayanHamisgaber wrote on 19 Mar 2017 20:03:](#)

I too for years had this and was going crazy but when I was honest with myself I realized that alot of the problem was that my acting out was subconsciously keeping me up. I tried the trick of taking a sefer to bed with me, it did not work for me....

At least you can get through a ton of Shas...

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Re: How do you deal with Insomnia?  
Posted by MayanHamisgaber - 20 Mar 2017 12:07

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Halivy.....

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Re: How do you deal with Insomnia?  
Posted by startrekuser - 22 Mar 2017 02:00

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Stretching, other relaxation exercises. Anything that releases negative emotions.

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