

Sleeping Peacefully

Posted by Kedusha - 04 Jun 2009 15:35

I find that being clean and sober makes it much easier for me to sleep peacefully and wake up rejuvenated. It's hard to put a price on a good night's sleep, which is very important for our physical and mental health. For that alone, it is well worth it for me to stay clean.

Falling in this area robs us of sleep in several ways. First we stay up half the night (or more) viewing pornography and otherwise giving into our y"n. Afterwards, we are feeling too stimulated and/or guilty to fall asleep.

A good night's sleep is just one of the many fringe benefits of sobriety.

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Re: Sleeping Peacefully

Posted by London - 05 Jun 2009 14:57

[Kedusha wrote on 04 Jun 2009 15:35:](#)

Falling in this area robs us of sleep in several ways. First we stay up half the night (or more) viewing pornography and otherwise giving into our y"n.

I say a great saying tha tnow in recovery I can wake up and say Good morning g-d, instead of Good g-d its morning!!

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Re: Sleeping Peacefully

Posted by coby613 - 28 Aug 2009 20:30

yeah, but if you're up half the night on GUE? ;D that appears to be my new addiction.

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Re: Sleeping Peacefully
Posted by BruceWayne - 15 Sep 2009 05:52

Better than being up all night on some site you shouldn't be at.

Trust me.

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Re: Sleeping Peacefully
Posted by Sturggle - 15 Sep 2009 08:01

does batman ever sleep?

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Re: Sleeping Peacefully
Posted by jerusalemsexaddict - 15 Sep 2009 09:00

[sturggle wrote on 15 Sep 2009 08:01:](#)

does batman ever sleep?

yes.during the day

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Re: Sleeping Peacefully

Posted by BruceWayne - 16 Sep 2009 18:28

Usually in class....

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Re: Sleeping Peacefully

Posted by TrYiNg - 17 Sep 2009 07:00

Well, its not helping me sleep better.

yeah, but if you're up half the night on GUE? that appears to be my new addiction.

me too. And its def better than doing *other* things...

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Re: Sleeping Peacefully

Posted by jerusalemsexaddict - 17 Sep 2009 09:05

Last night i tried something new and it worked pretty well

Instead of counting sheep i bounced words of tehillim in front of me

like one word at a time came soaring by

and when i got to hashem's name,it was all fiery and big

i went through like 10 perakim before i passed out finally.

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Re: Sleeping Peacefully
Posted by Tomim2B - 17 Sep 2009 10:03

[Uri wrote on 17 Sep 2009 09:05:](#)

Last night i tried something new and it worked pretty well
Instead of counting sheep i bounced words of tehillim in front of me
like one word at a time came soaring by
and when i got to hashem's name,it was all fiery and big
i went through like 10 perakim before i passed out finally.

It's funny I just mentioned that trick yesterday in another thread. Works great!

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Re: Sleeping Peacefully
Posted by G38 - 23 Sep 2009 11:55

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worth a try if anyones interested

Re: Sleeping Peacefully

Posted by letakain - 23 Sep 2009 16:53

i once heard that to think of Hashem's awesomeness helps cuz the Y"H wants to put you to sleep to prevent more kedusha.

oxymoronish but it actually works for me

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Re: Sleeping Peacefully

Posted by Rage AT Machine - 07 Oct 2009 16:33

I am having trouble sleeping. I always did. I am haunted by horrible dreams. The only way I can sleep is my taking Benadryls and drinking alcohol. This ensures that i dont dream. It has gotten significantly better since ive joined this forum but i still am scared to dream. it is probably the only thing i am scared of.

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Re: Sleeping Peacefully

Posted by jerusalemsexaddict - 07 Oct 2009 18:13

rage have you ever tried meditating?

i always have pretty intense dreams.

ive gotten used to it.

its just something that changes with time.

most of us here have pretty busy subconscious minds.

relaxing and meditation can do wonders.

if by alcohol you mean a glass of wine,then okay.

if not,be careful,you might become more of an alcoholic than you already are :D

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