Subject: OT: Insomnia
Posted by icedog90 on Sat, 05 Nov 2005 23:14:19 GMT
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Guys, I need help...

I have a bad case of insomnia and I have no idea how to deal with it. I can't stop myself from going to bed later than midnight, and when I do go to bed (even if I'm tired), it can easily take me up to two hours to fall to sleep. That's not the only problem... getting OUT of bed is just as bad. No matter WHAT time I go to bed, I just can't get out of bed any earlier than 12 PM. On school days, of course, I get up because I know I have to (except I did miss my alarm a few days ago, which sucked). But on any day that I don't go to school, I -JUST CANNOT- get out of bed. It doesn't matter if I DO want to get up early or not, I still can't get up earlier than 12 PM.

I tried reading this:

  http://www.stevepavlina.com/blog/2005/05/how-to-become-an-ea rly-riser/

And if you don't want to read the whole thing, the conclusion of it is: "Go to bed only when you're too sleepy to stay up, and get up at a fixed time every morning."

That won't work for me, because I never reach the state of being too tired to stay up unless I stay up all night and partly throughout the day. Of course I do get a little sleepy at night, but when I go to bed I just CAN'T fall asleep for at LEAST an hour. This problem is getting extremely worse every week, and I'm desperate for a solution. I know it's fixable, because before summer ended I had my sleeping habits controlled pretty well, and I think stress has a lot to do with insomnia.

Subject: Re: OT: Insomnia
Posted by Dave Mason on Sat, 05 Nov 2005 23:28:13 GMT
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I'm quite the same, but what they say works.

Just make sure you get up at a fixed time in the morning. Try to do something active in the day like go for a run or a day out or something to tire you out.

As long as you get up early enoguh and do exercise/activities then you should find it easier. I use to go to bed at like 4am and get up at 2pm.

Now I try to go at 12 if possible or I restrict myself to 1am max. I also try to be up and showered before 11am.

Set your alarm for the morning some time and when it goes off, turn it off and sit upright. It's not fun trying to sleep upright in bed. Like that article says, don't even stop to consider the benefits of sleeping that little bit longer. Turn off the alarm, sit upright, stretch, whatever else, then get up and go in the shower (the shower helps to waek you up a bit).

Subject: Re: OT: Insomnia
Posted by rm5248 on Sun, 06 Nov 2005 00:26:57 GMT
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Uhhh.... Tylenol PM?

Subject: Re: OT: Insomnia
Posted by cheesesoda on Sun, 06 Nov 2005 03:32:11 GMT
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Lunesta. Either that or do as what DJM suggested and just sit right up. Though, I can't do that, and I don't have insomnia. o_O

Subject: Re: OT: Insomnia
Posted by Jecht on Sun, 06 Nov 2005 05:53:37 GMT
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I had insomnia last year. Never went to bed before 1:30am, don't know what fixed me.

Subject: Re: OT: Insomnia
Posted by Spice on Sun, 06 Nov 2005 09:19:50 GMT
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hehe.. I've always had insomnia. I havn't gone to sleep earlier than 1am in like 3 years.

Subject: Re: OT: Insomnia
Posted by Spoony_old on Sun, 06 Nov 2005 09:38:24 GMT
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Are you old enough to drink?

EDIT: stupid question actually, just seen the "school days" part

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Subject: Re: OT: Insomnia
Posted by Kanezor on Sun, 06 Nov 2005 09:42:50 GMT
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icedog90 wrote on Sat, 05 November 2005 18:14Guys, I need help...

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The way I've dealt with it is to have a rotating sleeping schedule... about every three weeks, the time I fall asleep has gone from evening, then night, morning, daytime, and then evening again. Of course, I'm unlucky enough not to have a life, otherwise that'd really fuck things up.

Edit:
I suppose you could say I have chronic insomnia... I've been this way for the last 5 years or so.

Subject: Re: OT: Insomnia
Posted by Lijitsu on Sun, 06 Nov 2005 09:51:59 GMT
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Kanezor wrote on Sun, 06 November 2005 04:42icedog90 wrote on Sat, 05 November 2005 18:14Guys, I need help...

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That's exactly how I am. Mine rotates from every 3 weeks to every 5. I'm overdue for the sleeping schedule screw up, but it looks like tonight I'm having it happen, seeing as how it's 5 AM. Currently I'm still (MOTHERFUCKING) sick, so I'm ok with it. Plus, I don't have a life, just a computer, so...

Subject: Re: OT: Insomnia
Posted by spazbeast on Sun, 06 Nov 2005 12:12:50 GMT
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Every day I get that crap. I have the 2-4 hours to get to bed part of it. I usually get off track on MOH and loose track of time and when I try to sleep It doesn't work...Mind that this is always happenig around 5AM my aww f- it time

These computers have mind controll....

Subject: Re: OT: Insomnia
Posted by RTsa on Sun, 06 Nov 2005 15:24:05 GMT
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It's bad to be on the computer the last thing you do before going to bed. Reading a book would be better, I think. Or something else...but being on computer keeps your mind at it when you're trying to sleep, which keeps you awake.

Subject: Re: OT: Insomnia
Posted by Aprime on Sun, 06 Nov 2005 17:28:37 GMT

rm5248 wrote on Sat, 05 November 2005 19:26Uhhh.... Tylenol PM?

I freaking hate Tylenols... They ruin my moral (rawr, depressiveeeeeeeeeeeeeeeeee).

Subject: Re: OT: Insomnia
Posted by Ryan3k on Sun, 06 Nov 2005 18:59:08 GMT

To help you wake up in the morning, try drinking/eating something sour. My mini-fridge is right next to my bed, so this works for me pretty well. You could just put a can of lemonade next to your bed or something for when you wake up; it doesn't necessarily have to be cold. That's just my $.02.