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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 enough 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 wake you up a bit).

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