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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...

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-early-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.

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.

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