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Subject: Re: OT: Insomnia

Posted by [Ryan3k](#) on Sun, 06 Nov 2005 18:59:08 GMT

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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.

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