

introduction

Posted by shtikbord - 31 Oct 2016 00:04

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Hi ppl! I'm a 22 yr old bochur and I haven't had a very good relationship with my bed as far back as I can remember... whenever I'm in bed its like a porn addict holding a smartphone without any filters... I have forgotten how to fall asleep normally and naturally... sometimes I make to five in the morning without any action until I fall asleep. Any suggestions?

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