

Not falling asleep

Posted by mahachatasa - 05 Mar 2018 22:17

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Re: Not falling asleep

Posted by lifebound - 05 Mar 2018 23:36

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hello, welcome!

This is a struggle for me too. In fact that was exactly how I fell last time 3 weeks ago, couldn't fall asleep. I have not tried it but people here have recommended mindfulness exercises. What I usually do is listen to **very** relaxing music/soundscapes, like delta wave sleep tracks. If I'm really awake I have a few videos that I find very relaxing, which help me nod off.

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Re: Not falling asleep

Posted by Hashem Help Me - 06 Mar 2018 02:56

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Serious exercise followed by a geshmake shower usually helps. Welcome and hatzlocha.

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Re: Not falling asleep

Posted by i-man - 06 Mar 2018 04:32

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try listening to a shiur - and NOT gemara halacha etc if your just going to tune it out , something that you find interesting by a good speaker .

try torahanytime or gye .

I hope you will succeed.

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