

bzmedia

In my opinion, THE most effective way to achieve sound, deep, health-promoting sleep is prayer! Offloading all your worries, putting them in the hand of God, repenting, asking for forgiveness, blessings and guidance work wonders. We are hard-wired to submit to and call on our Creator who loves and cares for us - if only we realized it. Out go the worries, and in comes faith and the strength to banish the spirit of fear, worry and anxiety.

Posted On 02/16/2017

Acroyali

1 Peter 5 pretty much sums up every problem in the world; cast your cares. Excellent advice, Bz!

Posted On 02/16/2017

Mark R.

A great big AMEN! For decades this has been my practice as I lay myself down to sleep. And I focus on praise, thanksgiving and gratitude to God rather than problems or needs or concerns. So usually with five minutes - often less - I am asleep for six to seven hours (on a water bed so less sleep is needed). The earliest prayer I learned as a child was so valuable - and is still a good model. Now I lay me down to sleep. I pray the Lord my soul to keep. If I should die before I wake, I pray the Lord my soul to take.

And even better is the Lord's model prayer - especially to start the day - or modified slightly to be thankful for the day being closed by sleep. Our Father who art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses As we forgive those who trespass against us. Lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power and the glory Forever and ever. Amen.

Posted On 02/16/2017

Acroyali

Cool way to "wind down" Mark!! I've been experimenting with praying in images rather than words. It is very relaxing, and very peaceful as well.

Posted On 02/16/2017

totalemfsolutions

https:Great article Dr Mercola! I would like to add..... Get rid of your smart meter. If your neighbor has one it is probably facing your house and blasting you. Watch the award winning documentary "Take Back Your Power" and then share it with your neighbor. If you can see a cell tower from your home, think about moving. Apartments are the worst as your neighbors probably have WiFi, cell phones, hotspots, or cordless phones. Cell towers are now becoming widespread and camouflaged. You will need more than a Gauss meter as this only measures ONE type of exposure, there are two more. Know your exposure and research smart meters.

Why do all of this and more? Electromagnetic fields (EMF) are absorbed by your brain and body. Since our body relies on intercellular communication it can be disturbed by more powerful man made sources. cThe cell is amazing! "Inner Life of a Cell" <https://www.youtube.com/watch?v=FzcTgrxMzZk> "The 2013 Noble Prize Winners "Disturbances in this system have deleterious effects and contribute to conditions such as neurological diseases, diabetes, and immunological disorders."

www.nobelprize.org/nobel_prizes/medicine/laureates/2013/press.html Mechanism for EMF disruption of the circadian rhythm. www.youtube.com/watch

Posted On 02/09/2017

abe5680

You may also wish to look into the 5G phone network that is currently being proposed? I saw a video the other day of a rather aggressive man doing a press conference about it - and it does NOT sound good. Sounds like they're aiming for a cell tower on virtually every street in order to implement it! So, early tip off for any activists out there - you may wish to get your challenges heard before the investment is made and the deal is sealed? Of course, IF they can get this up and running in the US (I hope not for your collective sakes)- which is sadly often the case - then the rest of us will be next and I suspect only Europe will resist - they have a much longer collective memory than do "newer" countries like Canada, US, Australia & NZ.

Posted On 02/15/2017

Guillermou

Electrosensitivity, caused by exposure to electromagnetic fields, is part of the new diseases that have arisen in developed societies. Electromagnetic fields cause neurological disorders, which are manifested by a set of symptoms (headache, chronic fatigue, difficulty sleeping ...), which are activated or intensified by being close to electrical appliances, transformers, Mobile phone antennas and / or other sources of radiation. Any recurrent disease, which is produced by radiation, and which diminishes or disappears, when one moves away from the source that generates them, is a case of electromagnetic hypersensitivity.

The so-called microwave syndrome, especially affects people with weakened immune systems, or in the development phase (elderly, sick, children ...), although anyone with good health, may suffer if their exposure To the radiations, it becomes intense and prolonged. You have symptoms of insomnia, tiredness or irritability. It can lead to various neurological disorders, such as sleep disorders.

10 Shocking Facts about the Health Dangers of Wi-Fi. www.globalhealingcenter.com/natural-health/10-shocking-facts-health-da..

Posted On 02/16/2017

Guillermou

The main effects of magnetic fields depend on the different sources of exposure:

- High-intensity static magnetic fields can cause abnormal heart rhythms and abnormal heart rhythms, leading to life-threatening conditions (ventricular fibrillation).
- Extremely low frequency (ELF) fields up to 300Hz. There is some confirmed experimental evidence that these fields affect physiology and human behavior at the usual intensities in the home. They were categorized by the IARC in the 2B group of carcinogenicity based on epidemiological studies in children.
- Intermediate frequency fields (domestic induction cookers, energy-saving bulbs, safety systems). They can induce electrical currents in the human body, producing from a certain intensity, nervous and muscular excitations.
- Radiofrequency fields. Exposure to these fields differs as they operate close to the body such as mobile phones, wireless telephony, Wi-Fi devices, or away as antennas. Regarding the long-term effect, the IARC has classified radiofrequency electromagnetic fields as a possible carcinogen for humans (group 2B) in May 2011.

Health Risks of Magnetic Fields at Various Frequencies. www.ifp.illinois.edu/.../node2.html .

www.who.int/.../nznrl_emfbooklet2008.pdf

Posted On 02/16/2017

grulla

It's not only high(er) electrical frequencies that produce EMFs, but lower frequency, 50/60 Hz electrical higher(er) voltage as well, especially as more jncreased current (amperage) flows in the wires. Here is a basic website that explains somewhat: emwatch.com/power-line-emf

EMFs in your household wiring depend on the amount of current flow, the more current the higher the EMFs, so simply turn off any electrical appliances that create a current draw in the wire branch in the proximity of where you sleep. No need to use the circuit breaker as a switch, as constant switching causes wear 'n tear that will eventually compromise the circuit breaker's ability to safely shut down in an electrical overload short circuit situation, which could result in a fire.

Posted On 02/16/2017

ICONOCLAST

While searching for ways to be shielded from EMFs like a Faraday cage I found that Dr Mercola has set up a special subdomain regarding EMFs because he considers it to be such an important issue.

<https://EMF.mercola.com/>

Knowledge is power and knowing how to protect ourselves and others is invaluable. Thank you once again Dr Mercola for the priceless information you and your staff provide.

Posted On 02/16/2017

stanleybecker

I find it interesting that the article suggests counting backwards - does this mean that the classical method of counting forwards has been wrong all along - traditionally, the counting of sheep was the sure fire way to fall asleep - the author Philip K Dick famously wrote "Do Androids dream of Electric Sheep", in 1968 - this became the blockbuster movie "Bladerunner" with Harrison Ford - but this link argues against counting sheep - www.dailymail.co.uk/health/article-96542/Forget-counting-sheep-sleep-w.. - or this link - wonderopolis.org/.../can-counting-sheep-help-you-fall-asleep -

the method of counting whether forwards, backwards, or sideways seems to induce sleep - here is a technical description of the activity itself - "Counting sheep is a mental exercise used in some cultures as a means of putting oneself to sleep. In most depictions of the activity, the practitioner envisions an endless series of identical white sheep jumping over a fence, while counting them as they do so." - here is the Wikipedia article on this phenomena - en.wikipedia.org/.../Counting_sheep - and here is an illustrated 14 step program on "how to count sheep" - www.wikihow.com/Count-Sheep

- personally , I fall instantly asleep, exhausted, every night - I average about 6 to 7 hours of deep sleep every night - I listen intently to the messages that my dream psyche or Control Psyche transmits to me - these are helpful clues in working out what your anxieties are - your Controlling Psyche appreciates being listened to and humor is often the lingua franca of the Controlling Psyche - the language of dreams is not that difficult to master

Posted On 02/16/2017

stanleybecker

morning Gui - my personal experience with melatonin supplementation has not been good - I see the article mentions this - fruit has many pleasurable after effects - especially mangoes and pineapples that are so rich tasting - I eat these fruits every now and then, when in season, not constantly - tomatoes and ginger are also good sources - dopamine receptor stimulation must also be a factor

Posted On 02/16/2017

Randyfast

Stan: I believe that the FOCUS on the counting is what facilitates the sleep (the mind becomes much calmer, without all those other thoughts racing through the mind) - not the 'sheep'

Posted On 02/16/2017

seg

Number nine, you're so divine. You'll make the sun shine. Can you count up to nine?

www.youtube.com/watch ;

www.youtube.com/watch

Posted On 02/16/2017

veritasoreventus

Good morning Stan and Guillermou - Yesterday's Dr Mercola article also included conversation on the benefits of melatonin(whether natural or in supplement form)and it's synthesis/production in the pineal gland. The discussion revolved around how fluoride can disrupt our production of the hormone melatonin. Also on the list of disruptors are halides such as chlorine (still taking unfiltered showers?)and bromine (bread lovers favorite) and very possibly calcium supplements.

fluoridealert.org/.../pineal-gland

www.globalhealingcenter.com/natural-health/everything-you-wanted-to-know.

Obviously our pineal gland's health is of the utmost importance if we want to get proper sleep.

Sometimes, however, we are awakened by some other reason. To help make sure it doesn't become a habit it might be helpful to list any and all reasons that personally disrupt our sleep so that we might better understand any personal problem. Similarly, a list of any or all personal tricks/techniques for falling back to sleep might come in handy. One of the most common problems, a racing mind in the middle of the night, may have many personal cures if we put our minds to work on the problem during spare waking hours.

Posted On 02/16/2017

Guillermou

Thank you very much, Veritas, very useful information, to avoid the calcification of the pineal gland, also called eye of the mind. This gland promotes sleep, producing melatonin, a hormone derived from serotonin, which affects the modulation of sleep patterns in circadian and seasonal rhythms. As we age, and intoxicate our body, the pineal gland begins to calcify. The public enemy number one is fluoride. Hormones and pesticides in food. Processed foods, refined sugar. Tobacco, etc.

In the links, it is recommended: Activator X (Vitamin K1 / K2). Boron. Raw apple cider vinegar. Garlic. Iodine. Tamarind. Distilled water. Asian spark. Alfalfa sprouts. Parsley. Oregano oil. Sea moss Neem oil. Blue green seaweed Spirulina. Coconut oil. Nuts. Foods rich in chlorophyll. Beets Lemon water. MSM. Turmeric. Ginseng The pineal gland is activated by the sun, and also by complete darkness.

be.well.org/the-dangers-of-fluoride-and-how-to-decalcify-your-pineal-g..

www.spiritualityhealth.com/blog/bess-oconnor/how-decalcify-and-activat..

www.healthy-holistic-living.com/7-ways-to-detox-your-pineal-gland.html

Posted On 02/16/2017

ICONOCLAST

Gui. 5HTP 5-Hydroxytryophan a better alternative to Tryptophan made more popular after the ban on Tryptophan supplements after a Japanese company, Showa Denko caused the death of 27 people and thousands of others suffered permanent health damage, Eosinophilia Myalgia Syndrome from taking supplements produced using Genetic Engineering. <http://.../l-tryptophan.html>

www.supplements-and-health.com/l-tryptophan.html

earthopensource.org/gmomythsandtruths/sample-page/3-health-hazards-gm-.. PS Tryptophan is safe now.

Posted On 02/16/2017

grulla

"... - does this mean that the classical method of counting forwards has been wrong all along..." Yeah Stanley, just ask NASA. :-)

Posted On 02/16/2017

seg

All great suggestions..Apart from safe coitus,here is an absolute cure for insomnia.. soft kitty courtesy of Dr Sheldon Cooper Phd..Penny, penny, penny lol..

www.youtube.com/watch

Posted On 02/16/2017

Guillermou

Hi, Seg. You, have the gift of wit. I also want for myself that song to dream, after ... Soft kitty,warm kitty / Little bail of fur / Happy kitty, sleepy kitty / Purr, purr,purr. Counting Sheep to Help You Sleep Song 🎵 2 HOURS 🎵 Relaxing Lullaby Music 🎵. www.youtube.com/watch

Posted On 02/16/2017

seg

Gui great addition, 2 hours long , for sure this is something Stan can use LOL...

Posted On 02/16/2017

iamblessediam

Hi ALL -- First, seg, I remember watching that segment and laughing into mindlessness. Laughter is GREAT sleep therapy - I like watching comedy in the evening before going to sleep! And Prof. G., there's science that indicates the - "Soft kitty,warm kitty / Little bail of fur / Happy kitty, sleepy kitty / Purr, purr,purr." - has therapeutic value for relaxation: [mentalfloss.com/.../healing-power-cat-purr]. Me thinks that's why the word "kitty" has taken on "connotations" beyond "Soft kitty,warm kitty / Little bail of fur" kitty;-))! Maybe Stanley needs to get a kitty in his life?!?! Love, blessings and peace!

Posted On 02/16/2017

veritasoreventus

Seg- No Way I would be falling asleep if Penny were rubbing VapoRub on my chest and singing about soft kitty. VapoRub is too stimulating to the neural synapses.

Posted On 02/16/2017

veritasoreventus

OOPS- sorry....I meant to say Penny...

Posted On 02/16/2017

seg

Yam/veritas lol...You know during and after a bout of pleasure (coitus), hormones like Endorphins , Serotonin, Dopamine and Happy Hormone Oxytocin are released. So best bet for a good night sleep is to "get it up, work it out" and flood yourself with these feel good guys..Happy hormones and happiness go hand in hand..Now if you tried to look up impotence on the Internet and "nothing came up," then lord help, you're in deep doo, doo lads LOL...

Posted On 02/16/2017

Acroyali

Hahahaha!!! Also, I believe Sheldon warned us of the problems associated with stimulating Star Wars bedsheets and nightlights getting in the way of a good nights sleep. www.youtube.com/watch

(Can anyone drive me to Pottery Barn?)

Posted On 02/16/2017

Krofter

Good to see the father of Integrative Medicine, Dr. Andrew Weil in this forum. In the late '80's, after 2 GI "specialists" and 4 "medical doctors" tried their best to kill me with their potions and poisons, two visits with Dr Weil put me on the road to health using diet and stress management.

Posted On 02/16/2017

Guillermou

Hi Krofter, I congratulate you, the Dr. ANDREW WEIL, is a great person, very human and great doctor.

The Most Powerful Health Recommendation of Dr. Andrew Weil

articles.mercola.com/sites/articles/archive/2009/07/07/the-most-powerf..

DR. ANDREW WEIL'S DAILY HEALTH TIPS

<http://www.drweilblog.com/>

<https://www.drweil.com/>

Posted On 02/16/2017

Almond

One often overlooked factor in insomnia is hormonal imbalance. This can result from many causes. However, toxicity can be one factor. Consider dietary intolerances and allergies. When I was younger, I had so much stress in my life that I had trouble falling asleep. Worries would keep me awake. Try a cup of hot cocoa made with raw milk and dark chocolate before bed. :-) Just some ideas that may help others.

Posted On 02/16/2017

Acroyali

Non-caffeinated herbal tea helps some, too. Or bone broth! If I drink that stuff before bed, most times I'm out like a light. I've used OTC sleep aids in the past, and they do "work". Within 30-45 minutes I'm dead to the world. Unfortunately, I'd probably sleep through a fire, tornado, or a burglary. Having experienced true sleep, I wake up after taking these things feeling like I have a hang over. I wonder how anyone takes sleep aids nightly and are able to do anything the next day.

Posted On 02/16/2017

jmiller739

I suffered through sleep hell for about 3 years. I could fall asleep but would have waking issues in the middle of the night with difficulty getting back to sleep. Severe cyclical depression and anxiety were part of the picture. The combo of 'Tryptophan + GABA + oral Magnesium' rescued me from chronic sleep interruptions. These issues resolved a few years back. I started using transdermal magnesium (MgCl2 or magnesium oil) over a year ago. I put it on my skin in the morning after showering. The results are excellent. Inclined Bed Therapy (IBT) then took everything to the next level. Sleep posture can have an amazing impact on quality of sleep and overall health. I've been doing Inclined Bed Therapy for almost 9 months. My energy and sense of well-being increased just days into my IBT experiment. I haven't felt like this in years. My occasional bouts of vertigo have disappeared. My hands and feet are warmer due to improved circulation. I don't wake-up as much during the night to go to the bathroom. More people need to learn about IBT and give it try. It's so simple, inexpensive and effective. Just raise the head of your bed 6 inches using blocks, books or bed risers. I never want to go back to sleeping flat again.

www.nexusmagazine.com/articles/doc_view/336-inclined-bed-therapy-a-new..

Posted On 02/16/2017

npolog

Very interesting info...I'm going to start with maybe a 3" incline and go from there. It's possible that many sleep issues have to do with the recently discovered lymph system draining toxics from the brain at night...possibly the inclination helps with this? I use some 5-HTP and magnesium supplements...plus a herbal sleep cap. I find that a cap of l-theanine on nights that I wake up can allow me to get back to sleep and sleep well. Can't handle taking it all the time though.

Posted On 02/16/2017

AndrewKFletcher

Maybe there is something seriously wrong with how people sleep? Could the bed you are sleeping in be cause for concern Excellent paper written by Dr Richard Asher in 1942, titled The Dangers Of Going To Bed, inclinedbedtherapy.com/.../my-research

Posted On 02/17/2017

AndrewKFletcher

The Dangers Of Going To Bed by Doctor Richard Asher 1942 inclinedbedtherapy.com/.../my-research

Asher's chosen title refers to going to bed, the entire paper discusses the dangers of being in bed, he even refers to patients sleeping in a chair rather than going to bed, because they find it more agreeable. It is not the immobility that's the problem, it is the angle of our body that accelerates our demise. I disagree with the variables argument. If a ward had a choice between patients being flat and inclined and progress was monitored, there would be a clear pattern of improvements and decline emerging within as little as 4 weeks.

On waking from IBT, a patient does not feel lethargic and tired, they feel energised and more willing to get out of bed. Admittedly in some patients the first two weeks can be a struggle with resistance to change, altered circulation and increased brain activity. Furthermore, oxygen sats will prove the point within a few days. I state again, the flat bed model was established by a wood worker and not a medical person with knowledge of human physiology and yet it is adhered to out of habit rather than sound science and reason. In fact the literature at least justifies a full investigation into it's efficacy in assisting patients to recover to free up beds and finances for the financially challenged NHS

Posted On 02/17/2017

daniellemauer

I like to enjoy a hot cup of organic ginger tea before bed. Slice a 2" knob of organic ginger into hot water, steep and stir. Sometimes I'll add mint leaves. It helps me sleep so much better and as a bonus, reduces inflammation. I then say my prayers and it may sound odd, but I think about 40 years ago when I was a young girl growing up in our first home. I think and focus on how our home looked and it puts me right to sleep because it takes me back to a time when I had no stress or worries. It works every single night.

Posted On 02/16/2017

lamb3701

Just a comment... I don't think it's a big deal taking reasonable time to fall asleep - but going to bed exhausted or to sleep quickly is more a reflection of getting inadequate sleep vs gee I was so busy today...which you may have been

Posted On 02/16/2017

Insomniac2

Well, I get frustrated over the same tired advice on overcoming insomnia. There are those of us out there who have been insomniacs for years. I have practiced sleep hygiene for years but for some of us, it doesn't work. I have tried all the herbs and meditation tricks there are but the answer just isn't there for some of us. We want very much to conquer insomnia without drugs but so far, I have decided to take the drugs because I have to work and I cannot work without sleep. Just please be sensitive to those of us who have spent thousands of dollars trying to find the cure for insomnia and just can't.

Posted On 03/20/2017

Krofter

Although initially a low carb (practically a no carb) high fat diet helped me overcome many of my health issues, especially as it pertained to low energy levels, now, several years into it, I've found that I sleep much better when I pulse a dose of carbs about every 4 to 6 days. Root crops work well as does wild or forbidden rice. Keeping dairy products flowing through my system also helps, as does avoiding LED screens after 5 pm.

Posted On 02/16/2017

Acroyali

My best "sleeping pill"? Physical (and mental) activity during the day; not so much that you feel too-tired-to-sleep at the end of the day, but enough that when sundown arrives you welcome it and you welcome the opportunity to lie down and drift off. This doesn't happen easily if one spends most days dozing on the couch, watching TV. Nothing beats clean bedding with a touch of lavender oil, too!

If you hate keeping a physical journal, simply starting, mentally, at the beginning of your day and re-playing the moments you're grateful for can help. If you go through your day slowly, you'll be surprised at all the little things you might have forgotten. Nothing is too small when it comes to gratitude. If you think your life is horrible, think about the people sleeping on park benches, wondering where their next meal is coming from while you have a roof over your head, food in your pantry and a pillow under your head. Then do something to help those who haven't got it as good as you (gratitude grows when you let it.) As far as worries go, I'm very grateful that my mind is like a TV (most of the time), in that I can "change channels" and think about something else if something worrisome creeps up on my while I try to sleep. (Keep in mind, I mean usually, not always, for when something truly bad happens sometimes it feels impossible.)

Posted On 02/16/2017

dihirod

For a number of years I have been using a simpler technique that I discovered as a side-effect of meditation. The most important part of this is to depress your angle of gaze to approximately follow your nose. This does not mean to focus on the end of your nose, just depress the angle of your vision. That causes the brainwave pattern to calm immediately. Secondly, totally natural breathing. Very often I don't even bother with the breathing, and it still works. You can even think of other things whilst doing this, provided the thoughts do not cause your angle of vision to elevate. Try it and see. I'd be interested to hear feedback. So far this advice has only ever received positive feedback.

Posted On 02/16/2017

MichaelSkowronski

Sure fire, works every time, get you to sleep or back to sleep...Drink an 8oz glass of warm water with a heaping tablespoon of raw honey dissolved in it.

Posted On 02/17/2017

plm5970

love this! i work in mental health and all of my clients are on meds. i will be passing this information on to them. thanks!

Posted On 02/16/2017

lp62226

I have my seeds... I have my Mom and Dad. And now I just want to collapse the world. Humans are a disgusting lot with their greed and pollution. I hope President Trump pardons the Unabomber and that his brilliant mind hasn't been deteriorated by all the fluoride, nanoparticles...

Posted On 02/16/2017

chieromancer

I like watching ASMR videos on youtube. I know that looking at a computer screen is the wrong thing to do, but if I turn off all the lights, it doesn't seem to effect me. And melatonin. I highly recommend it.

Posted On 02/16/2017

lp62226

Hi Chie, The question you should be asking is: Is Buster Brown or some other Dictator want-a-be programing me with subliminal messages?

Posted On 02/16/2017

Guillermou

According to Dr. Mercola, raising the head of your bed 6 inches (15 cm), achieving a 5-degree slope, improves glyphatic drainage of the brain during sleep, favors blood circulation, metabolism, respiratory, neurological and immunological function, relieving pain. Symptoms related to diabetes, Alzheimer's, sleep apnea and acid reflux. Processed foods, loaded with sugars, flavorings and grains contaminated with glyphosate, are poison for mental and intestinal health. They cause intestinal dysbiosis, systemic inflammation, and decrease brain cell regeneration. Dysbiosis in the intestine causes fermentation products, such as phenols, amines, ammonia and hydrogen sulfide, to be toxic to the intestine, causing intestinal hypermeability and passing into the blood, causing oxidative stress and systemic inflammation, reducing the hormone melatonin in the intestine.

brain and the active form of D3 both in synergistic action www.cornucopia.org/entropy-15-01416_Glyphosate.pdf.----- Some phrases that cover aspects that can help you sleep:---- 1) "Having a calm spirit and a happy mood at the time of eating and sleeping is one of the precepts, the practice of which contributes most to prolonging life." ----2) "Leave behind the worries of the day that ends and surrender to sleep with blank thoughts, only thinking about God, about the good things that come tomorrow, and about the dreams that you want to come true, everything in the universe begins.

to synchronize yourself according to that frequency, and you will obtain excellent results, both in your dream and in your reality." ---3) "Before entering a deep sleep, remember all the beautiful things in life, the people who love you and wish the best for you, start dreaming about happy things, they make your dreams pleasant, and you rest better, I wish you a beautiful one." dreams." --4) "Laugh before going to sleep, out loud if possible, you don't know how good therapy it is for you to sleep fully and without hesitation"

Posted On 01/30/2024

MariaTG

"raising the head of your bed 6 inches (15 cm)" - I did that and it took me 1 year to get used to it. I don't remark any difference in my health, though.

Posted On 01/30/2024

Almond

Good clean living. A healthy, truly natural basic foods diet with good water. A hard day's work and an easy conscience. Say a short prayer before bed and remember everything you have to be grateful for.

Posted On 01/30/2024

Carlsdad

For me, it's been grounding that has solved the problem of insomnia. I'm now in my ninetieth year and sleeping like a baby.

Posted On 01/30/2024

pipblanc

Totally perfect, Almond. An easy conscience is the best!

Posted On 01/30/2024

nesanel

I've found grounding has helped for deep sleeping and dreaming too. Earthling is a brand name, but there are others that are cheaper. There are straps and even pillows etc. that ground. Search for 'grounding'. Also, in addition to other suggestions on this page, I find that keeping a window open crack helps much. You can drill a hole and put in a nail for safety and in case you forget to lock it by day. And there are other safety latches; just use one that is strong; some thin ones break easily.

Posted On 01/31/2024

StandFastPats

Sun? What is that? Could it be that yellow thing in the blue sky that one gets a rare glimpse of these days? Chem trails 24/7 in my northern neck of the woods. The lack of outrage is deafening.

Posted On 01/30/2024

sun7197

Melatonin doesn't work for me. Counting backwards helps sometimes. Focusing on breathing works sometimes. Diphenhydramine sleeping pills don't work for me, in fact they make me restless. Doxylamine succinate works well for me, even just taking 1/4 to 1/3 of a pill.

Posted On 01/30/2024

HealingMindN

I force the parallel processor part of my mind to work. First, I breathe and count using the fibonacci series. Then I say my prayers and imagine hyperspace symbols for healing and protection coming from 3 orthogonal turns away. (Per Lt. Col. Bearden, that's wherein our mind's reality.)

Posted On 01/30/2024

MannaFood

That would sure knock me out. lol

Posted On 01/31/2024

pdr3013

What about Dr Mercola's sleep support with melatonin? I've thought about ordering it to prevent tossing & turning all night. Has anyone tried it?

Posted On 01/30/2024

Bunny3

Melatonin does not work for me. Oddly enough it made it more difficult for me to sleep when I tried it. Maybe my body chemistry is different.

Posted On 01/30/2024

emj69036

I use Dr. Mercola's Sleep Support off and on - don't like depending on sleep supplements consistently. I tend to mostly sleep through the night when I do take it, no potty breaks even - but there are lots of other conditions during the day that could factor in. It offers relatively light "support" with just 1.5mg of melatonin along with several other well-studied ingredients. Every body is different.

Posted On 01/31/2024
