

# Sleep is important, here are some great tips on getting sleep

October 4, 2019 | 902 upvotes | by [Capital\\_Recognition](#)

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TL/DR: From a theoretical standpoint, or a “mindset standpoint”, I am going to tell you how to get into bed willingly each night at the same time. Additionally, once you’re in bed, some ideas on how to fall asleep faster.

How to stop fighting yourself:

If you have a problem with getting into bed, you start off by first “killing the idea” of staying up late. In your mind, you must “give in” to the idea of going to sleep early. This is where mindfulness comes in. I remember a painful feeling would come over me when I got into bed at 8pm. I didn’t want to go to bed, there were so many better things to do. This made falling asleep and fighting these habits very difficult. However, over time, I gave in to this feeling, and let it happen to myself. This may take much time for some, but this process needs to occur so that you’re not fighting yourself tooth and nail to get into bed at the same time each night. You cannot have this feeling of anxiety, or fear of missing out on something, constantly haunting you. Here is my message to you, there is nothing to do, big guy, trust me, just go to sleep. Give in, and let it happen.

**THIS IS THE MOST IMPORTANT PART:** get rid of what is keeping you up, stimulus. Screens, drugs, alcohol, stress, coffee, pre-workout, get rid of it. You will be okay. I haven’t had coffee in 1 year, I never thought I would be able to quit. The first 2 weeks I quit, I wanted to die. My head hurt so badly, I had a headache for 2 weeks straight, and slept around 11 hours a night. I drank coffee since 18 and quit at 30. I probably drank around 5 cups a day, or 2 larges a day. Once I quit, fixing my sleep schedule was easy. And, the pain faded after a couple of weeks.

You can further give in to yourself by realizing the following logic:

1. Your hormones are positively affected by going to bed and waking up at the same time for the entirety of your life. Additionally, the same hormones are affected by sleeping a set number of hours. These hormones affect your weight, emotions, attitude, and energy.
2. “Nothing good happens after 9:00PM.” This is so fucking true. You are so burnt by this point, nothing you do after these hours is really going to help you in any way. The speed at which you do things is so much more efficient when you first wake up. All the people partying and drinking are really just fucking themselves up, you don’t have to do that to yourself to enjoy life.
3. There is no need to get up SUPER early, and any guy that tells you otherwise is trying to toot his own horn. Who gives a fuck if you get up at 4AM, I don’t, knock yourself out tough guy. Get up at 3:45AM for all I give a fuck. For people who are trying to get out of a bad way, you need to get up early, but pick a good time that works well for you until you’re on track. 7:00AM could be good, 6:00AM can be good, who gives a fuck. Just get yourself on track first, then worry about the earlier time. You don’t need to start getting up at 5:00AM all of a sudden if you have been sleeping until 10:00AM most days, that won’t help you. The only thing that matters is that you have a decent amount of time (at least 90 minutes) before you really have to start to get ready for your day, whatever that may be.
4. Realize that when you do get up early, there is nothing to bother you. It’s just you, and this alone time is great. You can think, write things down, and you have time before you leave to do so. I love getting up early and it’s still dark out, it’s a great feeling. It’s just me and my thoughts... and they are almost all positive thoughts in the morning. I can plan, journal, and execute things that are very

important to me.

Okay, now for some tricks:

1. No caffeine (or if you really want to go down this road, no caffeine after noon).
2. No screens 90 minutes before bed (read a book, or lay there, you'll be fine)
3. No mentally stimulating activities at all 90 minutes before bed, except maybe sex.
4. 1mg of melatonin if you feel you need it. Benadryl or similar if you really feel the need. Benadryl actually really helped to get my sleep in order, I quit taking it about 3 weeks in.
5. Give yourself an 8.5 to 9 hour window to sleep.
6. High glycemic carbs about 1.5 hours before bed. Why? It keeps your blood sugar high, and keeps you asleep. I usually have 1.5 tablespoons of chocolate almond butter and a banana. Even on my cut diet, and I account for the calories. I sleep all the way through the night when I do this.
7. Cold room, big blankets.
8. Ear plugs if you live with people. And put them things in right. You gotta twist the ends, shove it all the way in, and let it expand in the canal.
9. Calm your head. Here is the trick. Lie down, then slightly sit up. Push your shoulder blades together, then lie back down. Scoot your tail bone down. Now your chest is poking out, and the bed is helping you keep it this way. Put your two hands, palm side down (don't put your hands on top of each other, instead put one closer to the head side, and one closer to the feet side), on your stomach. As you inhale, say "one inhale", then take a deep breathe (say it in your head, not aloud). As you exhale, say "one exhale". Now count to 100. Go slower and slower, it's okay if your breathe is shaky for the first ones, it'll get smoother. As thoughts start to rush in, stay on track with the counting. If you get really lost, just pick up from the number you most recently remember.

I hope this helps you all get deep sleep. Do realize, sleep changes everything and makes you stronger. Without it, you will burn out. If you really want to be great, the first hurdle you must conquer is that of creating a sustainable, healthy life.

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## Comments

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AutoModerator[M] [score hidden] 4 October, 2019 11:27 AM stickied comment

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hiem3w • 183 points • 4 October, 2019 12:07 PM

Want to add sleeping in complete darkness helps get better sleep than sleeping with windows open or any other light in the room. I think it's supposed to help with melatonin production or something but I felt more rested when I blocked more light/closed windows.

Also no porn

187oddfuture • 36 points • 4 October, 2019 02:14 PM

Got a sleep mask for 10 bucks and it has been an amazing difference. Looks a little goofy but that shit works.

bearsonabus112288 • 12 points • 5 October, 2019 04:57 PM

I just put a t shirt over my eyes. May look goofy but it works

EmirSc • 7 points • 7 October, 2019 04:00 PM

i use the sleeve of a sweater and its awesome.

CHAD\_J\_THUNDERCOCK • 11 points • 4 October, 2019 10:09 PM

Even light touching your skin can affect sleep though. Sleep mask is great for planes and hotels but black out blinds on a timer and sunlamp on a timer are optimal.

I also take zinc piccolinate and magnesium citrate instead of ZMA. Also some collagen protein powder before bed helps sleep, improves skin, hair, joints, and gym recovery and makes you live longer if you eat a lot of meat.

MAureliusTRP • 3 points • 7 October, 2019 04:42 AM

I take ZMA. Why do you prefer to take the components independently?

stoicbotanist • 3 points • 5 October, 2019 07:39 AM

If you have ance, wash it often.

Also wash your pillow cases and sheets to improve acne

cloudevs • 3 points • 21 October, 2019 06:28 AM

this works surprisingly good, glad I am not the only one who noticed this.

Copypastable • 2 points • 6 October, 2019 08:52 AM

I put a pair of soft shorts over my head, black if possible. The crotch area makes way for my nose. Sleep

masks are uncomfortable for me and I save that extra 10 bucks.

Trenned\_out • 1 point • 8 October, 2019 04:43 PM

sleep mask and ear plugs were a big help for me too.

Capital\_Recognition[S] • 50 points • 4 October, 2019 12:32 PM

Good point on the dark room, I forgot that one.

Yeah, porn is definitely a part of that 'stimulus category'. That's a whole other topic. I quit recently, but wouldn't of been able to as easily had I not felt as strong as I do (in other words, in part because of my sleep schedule).

I would say, focusing on just the things I mentioned, will help you fall asleep. If you have to keep watching porn, just don't do it near bed time. Then, once your sleep schedule is fixed, quit porn.

Rommel221 • 39 points • 5 October, 2019 01:16 AM

I'd just like to add, as someone who has counted well beyond 100 using this method when trying to get to sleep, that counting from 1-4 over and over works better. When you do the short loops, your count doesn't become an inadvertent tracker of how long you've been trying to get to sleep, and helps to reduce the occurrence of thoughts of, "Fuck, it's taking forever to fall asleep."

SkaTSee • 11 points • 4 October, 2019 08:57 PM

my phone charger has a blue LED light on it and its not super bright, but when my room is pitch black, the thing lights the whole place up. I had to put some black duct tape over it because if I was facing in the direction of the charger, I could still feel the light coming off, even with my eyes closed

[deleted] • 9 points • 4 October, 2019 03:38 PM

Something that contributes to complete darkness is darker colored sheets. If you have white sheets, they'll reflect any little bit of light there is in the room. Dont buy black sheets tho, theyre a turn off. Get like a nice navy or dark grey.

RedPillpls • 3 points • 4 October, 2019 08:55 PM

Some things I've done to make my room completely dark

1. Remove any electronic light, phone facing down, tape over small LED lights, etc
2. Black our curtains, use some type of towel over top of curtains to block more light, also at bottom of bedroom door to block even more light coming from outside -There is black out film you can put on your glass to make it even more blackout -Going further, securing a moving blanket over your door will get rid of any light getting in threw the cracks

I've found blocking out ALL light has helped my sleep tremendously, I also use a box fan for noise

Whopper\_Jr • 1 point • 9 October, 2019 02:38 PM

I nix overhead lighting after sunset. I only use lights in the house at or below eye level, the lower the better (also much softer orange on the Kelvin scale).

[deleted] • 5 points • 4 October, 2019 02:44 PM

Also no porn

No porn, but masturbation really helps before bed. I can't count the number of times that I jerked off and then immediately felt tired and within 10 minutes I was fast asleep.

Vision444 • 11 points • 4 October, 2019 04:12 PM

Yeah tho if you feel like you're about to pass out, don't jerk off, just pass out lol

Alt\_Mayday • 14 points • 4 October, 2019 08:50 PM

Exactly. Sometimes it feels like jerking off is some kind of ritual that you aren't allowed to miss, no matter how tired you are. Perfect example of "as long as you control it, not the other way around, its fine".

do\_it\_or\_leave • 5 points • 4 October, 2019 11:21 PM

But I don't wake up as refreshed as when I don't masturbate. Feels like cheap sleep.

lalaetia • 4 points • 4 October, 2019 03:10 PM

Yes, combine complete darkness with a natural wake up light and I am golden during the coming winter season.

420WEEB • 3 points • 4 October, 2019 08:23 PM

Agreed.

I just can't sleep at a room that isn't completely dark, though i do like to sleep with my windows open for air to come in and so i can wake up with the sun in my room. Makes me feel better when i wake up and see the blue skies instead of waking up in complete darkness.

And I usually find it hard to fall asleep without jacking it, I'm working on it though

SirWrangsAlot • 2 points • 5 October, 2019 10:45 AM

Night shift pro tip: put aluminum foil on your windows. 500% cheaper than a blackout curtain and 1000% more effective.

ELI3k • 4 points • 12 October, 2019 09:33 PM

Underrated comment. Visible light isn't the only spectrum the sun is blasting at us. Aluminum foil blocks out just about everything.

I\_dontevenlift • 142 points • 4 October, 2019 03:35 PM

Wow, this thread really pushes a climate and environment of bullying

/s

rma92 • 106 points • 4 October, 2019 06:39 PM

Damned white males and their... sleep.

/s

rainier-351[ ] • 42 points • 4 October, 2019 08:21 PM

This is some edgy stuff for sure.

AbrocadoPie • 28 points • 4 October, 2019 02:42 PM

Sleep is cash money.

ZMA/zinc also helps with sleep I've found.

stonerninja93 • 1 point • 21 October, 2019 08:24 PM

Does one need ZMA if they are taking a multivitamin with Zinc and Magnesium in it already?

FrontloadPain • 1 point • 24 October, 2019 10:31 AM

Probably. I'm not that convinced of taking regularly unless you know you need it, but the magnesium in your multi is likely oxide or another form that is poorly absorbed, and not in a sufficient amount. Check examine dot com.

DrJuiceD • 18 points • 4 October, 2019 07:36 PM

Some points for the importance of long sleep: Deep sleep is elementary for memory formation. In order to learn anything effectively, we need deep sleep. Deep sleep, however, is prominent in the first half of the night. So during the first 4,5 hours of sleep you may have 1 to 2 hours of deep sleep. During the second half of the night, REM sleep is increased. You dream in REM and there are some reasons why people who get enough REM are better off.

In order to understand the beneficial effects of REM we need to understand the role of the amygdala in the brain. The amygdala is an evolutionary old structure that codes how important stimuli in our environments are for our survival. While you go through life, your amygdala codes that it is dangerous to step in front of a car. It codes that a lion may eat you and it makes sure that before you consciously notice a lion in your visual field, your body already produces adrenalin to put you into fight or flight mode in order to fold the lions face inside out.

1. By dreaming we train ourselves to cope with emotional situations without making us feel the emotional arousal. Explanation: While we go through REM phases, we have an overactive amygdala, which makes our brains create emotional scenarios. Adrenalin projections from the brainstem are inhibited. These activate the sympathetic nervous system during the day. By dreaming, therefore, we can train emotional coping without feeling aroused.
2. Sleep deprivation may lead to 60% increase in amygdala activation. This means, once you are sleep deprived, you are going to experience more stimuli as threatening, and you are going to code more things as threatening for the future.

JustSatan • 4 points • 5 October, 2019 01:05 AM

Interesting points. Good looks

abitslashed • 3 points • 5 October, 2019 02:16 PM

Interesting comment. Funny enough I'm a heavy cannabis smoker and it really fucks with my REM sleep. Guess I'm gonna have to take a break.

DrJuiceD • 3 points • 5 October, 2019 04:43 PM

Are you sure it is the effect of cannabis? THC should only inhibit rem sleep acutely, which means you would have to smoke a joint while sleeping. Try to write down your dreams in the morning, even if its just a one word description. Mostly, remembering dreams is more about memory practice in the morning. My point being: just because you do not remember your dreams does not mean you do not have any. Personally, even when smoking weed, i have always had dreams, sometimes even more vivid than before. Unless you are sleep deprived. Then you start the night with a rem cycle. This one could be inhibited by THC, but you would not remeber anything from that anyways

huey764 • 2 points • 4 October, 2019 10:26 PM

Aye bro how do you remember this shit and what class did you learn it in? We briefly covered this in my PSYC class but I cant ever retain all that information

SelfUnmadeMan • 10 points • 5 October, 2019 12:15 AM

You gotta get your sleep if you want to retain it, bro.

DrJuiceD • 2 points • 5 October, 2019 04:45 PM

I am interested in this, which is why i study it in my free time ;)

[deleted] • 16 points • 4 October, 2019 02:00 PM

Man my problem is, I'll sleep like at 12 right? Wake up at 6. That's only 6 hours of sleep. Not enough for me. I could try going back to sleep, but can't. Not until another 2 hours minimum pass by. So I'll sleep at 8 or something and wake up 10.

This sucks, cause I work with my parents and can clock in at any time. I prefer to go early as possible and put many hours as I can. Can't do that if I'm going back to sleep. So my choice is either yet up and operate suboptimal with 6 hours of sleep, or waste 4 hours trying to get another hours of sleep, and work less=less money.

In other words I can't sleep 8 hours uninterrupted and it sucks. When I wake up at 6, my mind is racing and stops me from falling back asleep. Even worse if I wake up horny, why is 90% of the time.

philltered • 19 points • 4 October, 2019 05:51 PM

Start with a tiring physical workout before breakfast. Try to sleep by 9-10pm.

The more physically and mentally drained you are, the earlier you sleep.

rpMadler • 8 points • 5 October, 2019 01:27 AM

I generally find that regularly working out first thing in the morning is the best way for me to maintain a good sleep schedule. I think it helps really wake you up in the morning, which in turn helps you feel tired enough to go to sleep at a suitable time.

rhodesian\_centipede 1 points 4 October, 2019 11:28 PM **[recovered]**

You may not need more than 6 hours if it's that consistent. 8 hours is a myth for a lot of people. I get about 6.5 consistently and I wake up naturally. Look up sleep restriction therapy too, you might be spending too much time in bed (12-10 am is 10 hours with only 8 hours sleeping)

Proto\_Sigma • 1 point • 8 October, 2019 02:25 AM

It depends on lifestyle as well. When I'm lifting really heavy I need 9 hours of sleep. If I'm just doing cardio and going about my day I only need about 7. 8 is a good ballpark, though.

terpaway2200 • 1 point • 8 October, 2019 11:13 AM

Drink creatine. Reduces need for sleep, improves functioning on insufficient sleep.

RuskiyHawk • 16 points • 4 October, 2019 02:35 PM

I'd like to add a few points that help me:

Eucalyptus oil: I find it super relaxing. It especially opens up my nasal pores so I don't snore as much and have a



much deeper sleep.

Slightly open window in the cold makes the blanket and bed much more inviting as it's warm.

If you live with roomies or a loud environment, invest in a white noise machine. Probably the biggest fix for me.

Fantastic for blocking out noise.

Try not going to the gym or having crazy workouts less than a couple hours before bed - residual adrenaline from a pump could keep you up.

Relax with absolutely zero stimuli 1 hour before bed. No more than reading a book.

No caffeine past 12 PM.

Sleep in complete darkness. Also what helps is creating the environment/mood that it's time to rest. I have a LED lamp on my desk that creates soft blue light, just enough to see where I'm going.

KingOfAllWomen • 9 points • 4 October, 2019 04:32 PM

Eucalyptus oil: I find it super relaxing. It especially opens up my nasal pores so I don't snore as much and have a much deeper sleep.

I was having trouble sleeping due to work stress during a big project a few years ago and my wife started dusting? my pillows at night with this lavender oil. That smell calmed me right the fuck down for some reason.

CHAD\_J\_THUNDERCOCK • 5 points • 4 October, 2019 10:14 PM

Essential oils are legit. Search pubmed. They really work at altering moods. Some masculine and calming ones are cedarwood and bergamot iirc. Lavender gives me brainfog.

Alt\_Mayday • 5 points • 4 October, 2019 08:52 PM

I have a LED lamp on my desk that creates soft blue light, just enough to see where I'm going.

Just a reminder that blue light can mess up your melatonin production. Your brain will think "blue light = it must be day = dont produce melatonin". Red/warmer light is a lot better in this regard.

CHAD\_J\_THUNDERCOCK • 3 points • 4 October, 2019 10:15 PM

Blue light is great when you want to wake up. But yeah use flux and the red light filter software on your phone and laptop at night.

oofmydigestivesystem • 3 points • 5 October, 2019 01:16 AM

I'd like to add mouthtaping if you're a mouth breather. I've experienced a decent increase in sleep quality and feel far more rested. Mouth is no longer a desert in the morning too.

menoyzoe • 37 points • 4 October, 2019 12:27 PM

Blue light filter on phone and blue light filter on pc I believe there is program for pc called flux which reduces the blue light by the location hour so less stress on the eyes from the evening Also lads regarding the sugar rule. I personally avoid sugar intake thought out the day but w/e is fancier for you. Overall great instruction

entrep4 • 17 points • 4 October, 2019 03:16 PM

Windows 10 has this built in now actually. If you click on the notification icon in the bottom right and in that menu there's "night mode".

Vision444 • 5 points • 4 October, 2019 04:13 PM



Yeah I'm building a PC soon, just finishing up selecting parts; but the monitor I selected has an anti-flicker/anti-blue light functionality built in which is nice

TheDopestPope • 1 point • 15 October, 2019 09:53 AM

Twilight is a phone app that blocks blue light

BeanNCheeze • 8 points • 4 October, 2019 06:59 PM

A good podcast about sleep with Matthew Walker a Professor of Neuroscience and Psychology at the University of California and Joe Rogan goes in depth about sleep, what makes good and bad sleep and the reasons on why it's good and bad and how to get good sleep.

It's a good listen and I'm considering reading his book on sleep. Ya'll should give it a view.

Whopper\_Jr • 2 points • 9 October, 2019 02:33 PM

Found both Matthew Walker and Peter Attia on Rogan. Peter Attia has an incredible podcast called The Drive, and he has Matthew Walker on for a wide-ranging three-part podcast.

1962Throwaway1962 • 1 point • 4 October, 2019 07:27 PM

I wrote that one down...Thanks!

infamous3238 • 12 points • 4 October, 2019 02:08 PM

The one trick you didn't mention that has done wonders for my sleep is putting on a pair of blue light blocking glasses a few hours before bed. You can grab a cheap pair on Amazon. I work a demanding job that usually requires doing work on the computer at night, and these prevent the blue light from my computer/phone messing up my sleep.

thismightnotbetaken • 13 points • 4 October, 2019 03:00 PM

Blue light filters are available for both computers and smartphones.

Computer - F.Lux

Smartphone - Twilight. Both iOS and Android have inbuilt blue light filters these days, have to enable them from settings.

infamous3238 • 9 points • 4 October, 2019 03:11 PM

Thanks, yes I'm fully aware. But wearing the glasses blocks out 100% of the blue light - these filters just shift the majority towards red but there's still a decent amount of blue light. Also, any lights on in your room produce blue light.

thismightnotbetaken • 3 points • 4 October, 2019 03:18 PM

Yes I agree. I only listed them out for those who can't afford the glasses or don't have one at hand this moment but want to see the effect for themselves.

ThatsJustUn-American • 4 points • 4 October, 2019 03:15 PM

Blue light blocking glasses are basically F.Lux for everything. \$9 and super easy.

nknltl • 12 points • 4 October, 2019 03:07 PM

1 mg melatonin may be too large of a dose and can potentially lead to grogginess.

Try .3-.5mg

Ipfield • 4 points • 5 October, 2019 04:15 AM

Shit, I've been taking 5mg a night

NeuralTech • 4 points • 4 October, 2019 03:48 PM

Yup

Sleeping is obviously imperative for making gains in life. Haven't had a drop in a month and have been crashing around midnight like clockwork for nearly four weeks, getting around 8-9 hrs every day and it is amazing.

Shedding fat and getting swoll has never been more effective. It's tough being a night owl, but growing is more important than staying up all night reading, jamming, and playing.

Also, 9 mg of Melatonin has been extremely helpful.... can't take it forever unfortunately, but for now it's working wonders.

lookoutitscaleb • 5 points • 4 October, 2019 09:26 PM

While all this information is helpful. I fully agree going to bed and getting up at the same time is one of the most important things.

When you go to bed and when you get up aren't as important. If you get up at 10pm and go to bed at 2 am that's fine. The population is split into 3 different groups of people. 1/3 are early birds 1/3 are night owls and the final 1/3 are somewhere in between. It has to do with when we were in tribes taking turns to keep watch. It's in your DNA and not you being lazy or nonconformist or whatever. I understand OP touched on it a little saying don't worry about getting up SUPER early but the point needs to be brought home. When you go to bed and when you get up aren't as important as consistency.

Dr-Jenna-Tolls • 4 points • 4 October, 2019 04:09 PM

Is sleeping with window open okay? I live near a busy street and the noise and fresh air help me sleep better.

SKRedPill • 4 points • 4 October, 2019 04:34 PM\*

Additional tip : Try drinking some hot, plain milk (sugar optional) before sleeping - it can knock you out. It works better if the milk was heated repeatedly over the day. Cold milk has the opposite effect.

Also, mentally wiggle every part of your body one by one from your toes, left foot, leg, etc. By the time you've come to left arm, you ought to be really asleep - I extend this to every organ in my body, and usually fall asleep before I get to my neck. Meditation in the first few days tends to explosively release built up stress in the body and it can make you sleepy, if it does, sleep asap.

And lift regularly, cause that will knock you out at the end of the day and force you to sleep early if you've really pushed them hard. Benefit number (who's counting anyway?) of lifting.

One thing that's decreased our T a lot is the fewer hours we sleep - in the 1950s people were sleeping 8.5 hours a day. Now we sleep about 6.5, and the quality of sleep is dubious.

[deleted] • 3 points • 5 October, 2019 09:38 AM

You fucking organ wiggler. Anyways, about the sleep duration. I often want to do so much more in a day and never have enough hours. Right now I'm getting 7-7.5, but I'll try bumping it.

SKRedPill • 2 points • 5 October, 2019 05:48 PM

Productivity can get a little counter intuitive. If your energy and T deplete a lot, you will get far less done in more hours. Consequently if you're fresh, you can get more work done in less time with less errors - which is what really matters. Something I learnt the hard way in college when I skipped on sleep all the time. Never again. Lack of sleep or breaks are also dreadful for creative work that needs ideas.

<https://alifeofproductivity.com/> - is a great resource. One thing was that the author pushed himself to 90 hours a week and found that his productivity fell over a cliff after the 2nd week. He then did 20 hours a week and realized he was 80% as productive in the long haul because he had to be on the run with no distractions or anything less than mission critical.

[deleted] • 1 point • 5 October, 2019 07:46 PM

Thanks for the link, I'll research the site. For me I know that 9 hours is better than 7, but I'm getting scheduling issues when trying to combine exercise and work. How do you handle that shit?

liamistic911 • 6 points • 4 October, 2019 12:16 PM

upvoted because I really needed this, thanks.

loker1995 • 3 points • 4 October, 2019 09:32 PM

How do you deal with being thirsty, and when i do get water, my bladder wakes me up, however when i dont get water before sleep i just get dry and wake up

\_A\_L\_3\_X\_ • 1 point • 5 October, 2019 10:41 AM

i always have a bottle of water next to me if i get thirsty in the night to just drink. Before sleeping i have my 'good night' piss after which i sleep pretty quickly. i do have to go to the toilet at night but i usually jut keep sleeping after returning to bed.

phertick85 • 3 points • 5 October, 2019 01:01 AM

If you haven't already, read a book called *Why We Sleep* by Matthew Walker. The best book I've read all year. He goes on to say that men who get less than 8 hours of sleep a night end up having smaller testicles. No more sales pitch needed.

The benefits of are immeasurable, of course, but that was my favorite.

But in general, all of what we do here, the self-improvement, lifting, money, women etc., is worthless without adequate sleep.

Alt\_Mayday • 4 points • 4 October, 2019 01:29 PM

And most importantly: get a blue light filter app

namenumbers • 6 points • 4 October, 2019 04:21 PM

90 minutes minimum to get ready for the day? Thats not at all reasonable for many people. If you can hop out of bed, shower, put on pre-prepped clothes, eat, and be out the door in 30 minutes then go for it.

KingOfAllWomen • 2 points • 4 October, 2019 04:37 PM

I used to feel that way and sometimes still do.

Although most days now I wake up an hour early. Take the dog on an actual walk instead of a piss break, sit in my basement and drink a cup of coffee and read the news. It's nice!

By the time I'm even up from the basement to start the whole shave/shower day, my mind is already running

full gear and i've already thought about todays tasks etc.

namenumbers • 2 points • 5 October, 2019 03:52 PM

That does sound nice! If you can fit that into a successful life then go for it.

wholewheatdirtydog • 2 points • 4 October, 2019 02:39 PM

Going to the gym in the morning really helped me get my sleep schedule in check. Always get into bed 30 minutes before I should actually dose off so I get around 8 hours

Human\_Official • 2 points • 4 October, 2019 05:12 PM

Sleep increases testosterone and retains memory

mr\_sandmam • 2 points • 4 October, 2019 06:40 PM\*

I train with my team monday to friday 21:00-23:00 and have uni classes starting at 9:30, so I usually can only sleep from 12:30/1:00 to 8:00. Any tips on bettering the quality of that sleep?

ModeratorAbuseSucks • 2 points • 4 October, 2019 06:45 PM

The best bet is to go to bed early. I'm in bed by 11 PM, and make sure I get eight hours of sleep, no matter what. After having a glass of warm milk and doing about twenty minutes of stretches before going to bed, I usually have no problems sleeping until morning. Just like a baby, I wake up without any fatigue or stress in the morning.

[deleted] • 1 point • 5 October, 2019 09:30 AM

I'm advising you to not change your wake up time if you can't fall asleep. The 8 hour minimum is a good aim, but don't lose sleep over losing sleep.

salizharov • 1 point • 8 October, 2019 08:31 AM

It's great that you take care not to lose any sleep. It's unnecessary to trouble yourself with matters that would disrupt the peace of your lifestyle.

kabuto\_mushi • 2 points • 4 October, 2019 07:08 PM

I recently (as of a week or two ago) was suffering pretty badly with brain fog and legit memory problems. Like I'd completely forget where I parked, important parts from days prior, and constantly leaving things behind... I was borderline concerned I had some actual issues... Until I realized, I just needed to fucing gets some sleep.

I was making time for work + school + the gym + friends by cutting dramatically into my sleep. Like I'd average 3-5 hours a night. No fucking bueno.

I made the changes and haven't looked back. The hardest part was mentally getting over the (admittedly childish) notion that I was "wasting" all this time asleep, but I like to think of it as "supercharging" my hours awake. I ultimately get more done during the time I am awake (than if I had stayed up late). My mind is sharp as a razor every morning, and I hit the gym harder than ever (and more recovered).

Anyway. Great post... I hope it helps people figure it out!

420WEEB • 2 points • 4 October, 2019 08:20 PM

Well, i can say that my sleep schedule is sort of organized.

Usually on weekends i go to sleep on 00:00 or a little more after that and wake up at 9:00- 10:00 (mostly at 9:30)

but when there's school it's from 23:00 to 6:30 (at least that's when I'm supposed to wake up, usually i wake up at 6:50 and i just wake up in a rush, barely have any time to brush my teeth, eat and drink something before gtfo to catch the bus.... not very fun)

About no screens before bed, my classmate the other day told me that putting down the screen 30 mins before bed helps to fall asleep quicker, tried it for a couple of days and it honestly helped, idk why i stopped doing that. Maybe i should do that again starting from 30 mins all the way up to 90 mins. I have a few books that i want to read so that should be no problem as long as I don't get distracted.

I've stopped drinking coffee after noon a long time ago, once i noticed that after drinking coffee in the evening I'm unable to fall asleep no matter how i try. My dad and brother say that caffeine doesn't effect them, well it does effect me and that's a shame, i really like coffee.

"Nothing good after 9PM"- overall i agree with you, it is really a true statement, no matter how much i try, I can't do shit after 19:00, only just fuck around and do nothing really.

And i ALWAYS make sure that i get 8- 10 hours of sleep, i was always aware of the importance of sleep and how it effects your emotional and physical health. I remember one day when i slept for only 3- 5 hours (i really had a bad time sleeping that night) and i was basically half dead the entire day, i had an exam on the same day and I couldn't do shit, my mind was dead. Luckily, the teacher eventually gave me that exam as homework, that was the only time it ever happened to me.

adequatebeing • 2 points • 5 October, 2019 12:15 PM

No screens 90 minutes before bed (read a book, or lay there, you'll be fine)

I suppose iPad screen is a big no. Are Kindles also a no?

soothaa • 1 point • 9 October, 2019 06:35 PM

You would be correct, the screens are the same unless you have one of the old kindle e-Ink screens.

rand0mletterz • 2 points • 4 October, 2019 04:06 PM

I suggest not eating before bed. Spiking your insulin keeps your nervous system awake, and degrades the quality of your sleep.

KingOfAllWomen • 3 points • 4 October, 2019 04:35 PM

We do that too now. Prepare dinner as soon as we get home from work then eat. Usually eating at 6. By 10 (my bedtime) you don't feel that meal resting in your gut anymore. Just sleepy.

Uesugi1989 • 3 points • 4 October, 2019 04:56 PM

The thing to remember is that not every person is the same when it comes to sleeping habits. Like for example I can't fall asleep while in complete silence, even if I lay there for two days, it is not possible for me. I usually play some documentary or something on my phone and leave the phone face down next to the bed. Space, history, science are what work in my case.

Also, waking up at 6 PM?? Why the fuck would you wake at 6pm unless you have a specific task to do at 6pm? 20 minutes to get ready and eat a breakfast is enough

SaveMyElephants • 2 points • 4 October, 2019 04:35 PM

Nothing good happens after 9pm!? Literally most of the best times I've had happen after 9pm...

[deleted] • 3 points • 5 October, 2019 09:34 AM

I swear, sometimes this sub is too hardcore. Just choose the path that's most beneficial to you.

I'd love to get up at 7am everyday, but I work 3-9pm shifts and can't wind down in time to go to sleep at 11. Also, social gatherings are fucking fun. Even though I don't drink anymore.

[deleted] • 1 point • 4 October, 2019 01:49 PM

I'll try out your method to calm my head. I've been struggling recently as I've started working sales till 9pm and closing time is peak time. My head will be spinning for hours, even through use of blue blocking glasses.

chambercock • 1 point • 4 October, 2019 02:48 PM

Any additional advice for those working late shifts? Ill finish around 11 at the weekend (but only the weekend)

[deleted] • 1 point • 5 October, 2019 09:19 AM

Blue light blocking glasses. Specifically the ones with orange glasses.

BuyRepsDitchThots • 1 point • 4 October, 2019 02:53 PM

Good post, cant stress enough how important sleep is for the human body. How do you combat days were you are just not getting enough sleep though ? I dont have a problem throughout the week but events on the weekend really fuck my sleep up sometimes. For example birthday parties or events tend to start really late so I end up getting only 4 hours of sleep at night. ( Im following the most important rule to always get up at the same time) Anybody has any advice or can tell me whats the best approach to make up for those missed hours ? Power naps ?

shawalawa • 1 point • 4 October, 2019 03:07 PM

Also no other activities in bed other than sex and sleeping

Helmut\_Newton • 1 point • 4 October, 2019 04:17 PM

Earplugs never worked for me, as they get uncomfortable after a while. But I've found that a white noise generator helps me to relax.

MR\_GEN\_IUS\_ • 1 point • 4 October, 2019 05:23 PM

Where did you come up with 8.5 to 9 hours window to sleep ?

1962Throwaway1962 • 1 point • 4 October, 2019 07:31 PM

IF you can afford it you may want to invest in a vibrating mattress. Hey don't knock this idea...The types they have out now are MUCH better than the old "Magic Fingers" from Motel Six. Do they even have those anymore? Anyway I turn mine on every night and in 10 minutes I am out.

SeasonedRP • 1 point • 4 October, 2019 10:26 PM

Training in the early morning has made sleep much easier for me. Getting up early is an adjustment at first, but you get used to it. When I trained in the evening, I'd be wired from training and it would take a while to relax and be able to sleep. Doing some kind of hard training is particularly helpful for sleep for those with mentally stressful jobs. If you don't train, your mind runs wild and goes over work issues when you are trying to sleep. The magnesium in ZMA assists with getting deeper sleep, but it doesn't help me fall asleep.

Americandreambruh • 1 point • 5 October, 2019 01:36 AM

I like to count backwards from 200 while I play binaural beats for sleep quietly in the background on a timer

DifficultContext • 1 point • 5 October, 2019 04:41 AM

Regarding #2, what about reading ebooks? Does that help or hurt?

myfakeaccount6 • 1 point • 5 October, 2019 04:59 AM

This is all true. I'm finally becoming a morning person. Mostly because I like to surf and need to be up around 6am to get the best waves and get to work on time. Coffee is still my muse but before noon-1pm for sure and no later. Pretty sound advice. Also working out early in the day boosts your energy and helps you sleep.

A\_regular\_lamp • 1 point • 5 October, 2019 08:20 AM

Look at this misogynist content. You should be banned for this OP

TheHayha • 1 point • 5 October, 2019 08:26 AM

If you guys want to stop coffee, don't worry it probably won't take 2 weeks of headaches; it depends on the addiction and your daily consumption. To give you another standpoint, i stopped coffee this summer, my daily consumption was 2 cups a day since a few years. For the first 2 days, i had some light headaches, then for around 3 to 4 days i was in a slightly more depressed mood than usual, but i could still function normally during the day. And that was it, nothing that hard after all.

youcanhandlethelie • 1 point • 5 October, 2019 09:01 AM

sacrificing sleep for sex is 100% ok by me.

\_A\_L\_3\_X\_ • 1 point • 5 October, 2019 10:01 AM

a good way to get rid of coffee is replacing it with tea (no black tea, something like peppermint). It helps refill the water tank in the morning and get you up and running.

PS2Errol • 2 points • 5 October, 2019 11:38 AM

No need to get rid of it. Good coffee actually has health benefits. Just don't drink any after 4pm (it takes at least 5-6hrs for caffeine to completely leave the system).

Punstatostriatus • 1 point • 8 October, 2019 12:04 PM

So many wrong info in the thread. 5h is half time of caffeine in our body.

PS2Errol • 1 point • 5 October, 2019 11:35 AM

Take Magnesium/Zinc an hour before you sleep as well. Best time to take it and can help with getting better sleep.

TRPChadlite • 1 point • 6 October, 2019 12:20 PM

Also get exposed to sunlight, outside preferably. Gym or exercise in the morning, and magnesium oil spray helps

Xogenn • 1 point • 7 October, 2019 01:27 AM

Sugar before bed :) sorry no carbs for me I need less sleep on zero carb.

Ebrii • 1 point • 7 October, 2019 11:16 AM

a fellow zerocarber here, nice

Don\_Himself • 1 point • 9 October, 2019 05:57 PM



Another trick for superb sleep: make sure your neck & spine are aligned and NEVER sleep on your belly.

Otherwise you cut off circulation and fuck with the way your brain sends the necessary hormones to your body, impairing repairs.

Few know this.

LuvBeer • 1 point • 9 October, 2019 06:02 PM

"sleep is important" ok, but anything to back up specifically how many hours and why it's important? This sounds like the "drink tons of water every day" bs which doesn't have any scientific backing.

iHairy • 1 point • 12 October, 2019 06:45 PM

What about those that work consistent Nightshift work?

And rotating shifts in general?

Capital\_Recognition[S] • 1 point • 13 October, 2019 11:56 AM

Change your shifts, that is terrible for your body. Either get a new job, or get your shift changed.

iHairy • 2 points • 13 October, 2019 07:50 PM

Sadly the dayshift is severely understaffed, full of drama and generally not healthy to work environment-wise, always preferred the nightshift, guess I'll just have to take the consequences of working nights.

rombios • 2 points • 14 October, 2019 09:14 AM\*

Same. Id rather suffer sleeplessness than the b.s that surrounds working the 9 to 5

iHairy • 1 point • 14 October, 2019 03:48 PM

Yes.

Micromanagement, interruptions from phone calls, bitch female coworkers and upper management that's useless.

And I get more offdays doing the nightshift compared to the dayshift.

Shawnfei63 • 1 point • 14 October, 2019 12:33 AM

Personally for me, no exercise within 2 to 3 hours of sleep. May be the opposite for some people though, some people may prefer to exercise closer to sleep as it makes them sleep better

throwaway-chemist • 1 point • 31 October, 2019 03:13 PM

Medical student researching sleep here: This article is on point. Some things to add:

-wake and sleep at the SAME TIME EVERY DAY. We are creatures of habit. You'll be sleepy at first, stick with it.

-limit naps, esp late in the day

-exercise, but not right before bed

-take a hot shower 30' before bed. New research suggests that temperature (esp in the brain) plays a role in regulating sleep. When you take a hot shower, all of your peripheral blood vessels open up, which allows for a massive heat dump out of your body as soon as you get out of the shower. This results in lower brain

temperature, which encourages sleep. This is why a cold room and warm blankets helps - cold head, warm body. Deal with stress and limit blue light. Install f.lux or twilight on your laptop/Android /whatever you have.

111Dx • 1 point • 2 November, 2019 05:19 PM

Two things are most important in your life: 1.How you sleep 2. When and What to eat If you can discipline both of these areas, rest gets a lot easier.

MCAsomm • 1 point • 9 January, 2020 05:27 AM

clearly an example of toxic masculinity. i understand why this is quarantined. you sir have my downvote

ZeppKfw • -4 points • 4 October, 2019 01:46 PM

Just buy some melatonin. It's like 5\$, it's a natural hormone in your body, and doesn't build tolerance. Administer one 1 hour before you sleep everyday.

ralstig • 1 point • 4 October, 2019 05:10 PM

Not true. Melatonin is a hormone that your body produces. When you take it as a supplement, your body decreases it's production. Eventually it loses its effect, and you actually end up worse off.

ZeppKfw • 2 points • 4 October, 2019 05:34 PM

<https://slatestarcodex.com/2018/07/10/melatonin-much-more-than-you-wanted-to-know/>

It's because they chug the whole fucking pill every night. I thought this was already common knowledge with nootropics? I buy the 3mg dosage and cut it in quarters. I take a little bite off it before I sleep. Have slept without it and still feel the effects when I administer it.

ralstig • 1 point • 4 October, 2019 06:03 PM

Thanks for that article. I haven't seen that one before.

Although I still didn't see anything about long term use. It also suggests taking it several hours before sleeping.

I still don't think Melatonin should be taken regularly. On a PRN basis, sure, but not on a day-to-day basis.

Hyperf0cus • 2 points • 4 October, 2019 08:58 PM

Your last sentence is also not true.

15.2. Tolerance:

"A study assessing 6 months (n=112) and 12 months (n=96) of melatonin treatment of 2mg in a controlled release capsule, taken 1-2 hours prior to sleep, people aged 20-80 with primary insomnia failed to show any tolerance to the treatment. The authors noted a slight sensitization to the effects of melatonin at the 3-4 month period, which was attributed to better entrainment of the circadian rhythm.[290] These results have been replicated in another study, lasting 6 months, with a sample of 791 people. No melatonin tolerance due to usage was observed,[136] Another study, lasting 6 months with a sample size of 421 people also replicated these results.[137]"

Also 15.3 Withdrawal:

There is a lack of solid evidence to suggest the presence of withdrawal or dependence from melatonin supplementation. Some evidence affirms that there is no adverse effect on drug dependence or withdrawal. Doses higher than 2mg have not been sufficiently studied.

It is possible that the termination of the benefits to sleep upon discontinuing melatonin may be seen as 'reactive insomnia', as sleep quality returns to the quality that it was prior to melatonin intervention.

Source:

<https://examine.com/supplements/melatonin/>

MoneyMakin • -4 points • 4 October, 2019 02:26 PM

You have imaginary arguments with yourself. You're a tool

AbrocadoPie • 6 points • 4 October, 2019 02:41 PM

So trying to understand both sides of any argument thus bolstering your own stance while understanding other world views makes you a tool?

Alright

Earthonaturtle • -4 points • 4 October, 2019 01:48 PM

I get sleep is important, but there are times when it's not a bad idea to get by on less sleep. If you sleep only five hours, that's 19 hrs a day you have to build something