

Tip: how to improve yourself by 20%* in one fell swoop...

16 upvotes | 28 November, 2017 | by ImSteveMcQueen

Sleep is an essential, critical requirement for human beings. Many physical and cognitive things happen while we are sleeping. It is vital that humans get not only enough sleep but also deep REM sleep in order to function properly.

I've considered myself a good sleeper, given that I fall asleep easily and remain asleep generally until morning. However, I've been snoring in my sleep for the last 20 years. My partners complained about it, but I thought it was nothing more than a nuisance. Usually it would stop if I slept on my side. I am not overweight, in fact I am pretty fit. I am an active person. I have no health issues.

It turns out that I haven't been sleeping well for a long time. The way to tell is if you can frequently remember your dreams. You dream during REM sleep. If you are suddenly awakened during REM sleep you won't remember your dreams. If you doze in and out of REM sleep, you'll remember your dreams. I rarely remember my dreams in the morning. Either I haven't been reaching REM sleep or my sleep apnoea has been rousing me out of REM sleep.

There are other signs that I haven't been sleeping well, such as nodding off in the afternoon, frequently being in a morning fog and sometimes being a bit irritable even after a "good" night's sleep.

It turns out that it is relatively easy to cure snoring and sleep apnea. Both snoring and sleep apnea are caused by various throat and nasal tissues obstructing the airway while you are relaxed during sleep. If you go to a doctor with this issue they will discuss various surgeries, dental devices, CPAP machines and sleeping positions. None of these address the real problem: flabby throat muscles.

The quick, simple and fun method to get a good night's sleep is to take up playing a didgeridoo for 20-30 minutes 5 nights a week. I kid you not. There are even research papers written on the topic.

<https://en.wikipedia.org/wiki/Didgeridoo>

<http://www.bmj.com/content/332/7536/266>

It turns out that playing a didgeridoo takes lots of breath as well as strong throat, facial and lip muscles as well as abs. It also teaches deep breathing, circular breathing and breath control.

In my case playing the didgeridoo completely changed my breathing, both at night and during the day. I breathe much deeper and freer at night now. I almost never snore. I wake up refreshed and I am not drowsy during the day. My focus is improved as is my mood.

I was amazed at how much better my breathing was once I started playing the didgeridoo. The first few times I played it my throat and neck muscles actually hurt. I couldn't play on back to back days. My breathing immediately improved.

I like playing at night before I go to bed. After 20 minutes I feel so much freer and open. Sometimes I even get light headed. I follow that up with some guided meditation with my woman and then we settle in for a good night's sleep. It is amazing how much this simple routine has changed my life.

AJ Block's YouTube channel (Didge Project) has a ton of information on the didgeridoo and sleep apnea.

https://www.youtube.com/channel/UCOgfM3J2BUvSVEAsRPX_4eQ

<https://www.youtube.com/watch?v=VYnzw4AUwxA>

Or these.

<https://www.youtube.com/watch?v=JB1X8Jb5X4M>

<https://www.youtube.com/watch?v=ZJ82RrXUkQc>

- if you have sleep apnea. YMMV

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Comments

SorcererKing • 18 points • 28 November, 2017 09:23 PM

I can almost see culture evolving, right before my eyes. By this time next year, Bloops will be saying things like, "Those misogynistic Merpers, hating on women, playing their didgeridoos!"

Rian_Stone • 9 points • 28 November, 2017 09:38 PM

I wanted to nuke this thread, but the world needs to see this comment.

Taipanshimshon • 7 points • 28 November, 2017 09:41 PM

playing their didgeridoos!"

phallic symbols, the faggots!

I am dying a bit.

Leviticus59 • 11 points • 28 November, 2017 08:32 PM

+1 on getting yourself checked for sleep apnea. As for the flabby throat muscles, I'm not so sure. I played the trumpet semi-professionally for years and still had terrible apnea.

I can say that my quality of sleep is several orders of magnitude better since I got a CPAP.

ImSteveMcQueen[S] • 2 points • 29 November, 2017 02:04 AM

There are several studies on sleep apnea on wind instrument players as well as didgeridoo players. For some reason the wind instrument players had normal, not reduced, levels of sleep apnea. I don't know why and I don't really care. I needed to start sleeping better. My didgeridoo cost \$30. I had no reason not to give it a try. I did and it does wonders for my sleep.

I'm guessing your sex life decreased by several orders of magnitude with the CPAP.

crimson_chris • 7 points • 28 November, 2017 11:17 PM

It takes a strong frame to post this.

I need to find a slution for snoring. I don't plan on blowing on a wood cock every night. I did order a humidifier. I will get back on my Neti Pot routine. There are also some mouth/tongue exercises that may help out.

Thanks for the post and the push.

DanceMonkeeDance • 5 points • 29 November, 2017 02:03 PM

Chad playing a didgeridoo is an expression of his NGAF. Bob playing one is creepy.

JDRoedell • 1 point • 29 November, 2017 04:08 PM

Ha! Or in current event terms; Bradley Cooper playing the didgeridoo is hot, Matt Lauer or Louis CK doing it is creepy and unwanted.

77mrpB2A • 5 points • 28 November, 2017 10:45 PM

"That's not a knife. THIS is a knife!"

"That's a spoon..."

gvntr • 6 points • 29 November, 2017 12:44 AM

My wife disturbed my sleep for about 25 years with her teeth grinding, and since cosleeping until at least the child gets to first grade is de rigueur here, I had about ten years of even worse sleep with the two kids. Bad sleep put me in a cranky mood all the time.

Everything changed when I started sleeping by myself, in my own bedroom at the other end of the house. Fucking beautiful sleep straight through to morning. A new man.

I had a lot of resistance at first to the idea of abandoning the spousal bed. But now I look on that as pure cultural programming.

Rageaway17 • 1 points • 28 November, 2017 11:51 PM [recovered]

First five paragraphs were all so logically laid out. I definitely did not anticipate paragraph six.

crimson_chris • 2 points • 29 November, 2017 12:39 AM

Didgeridoo. This must be what the guy felt like in the Crying Game shower scene.

<https://youtu.be/LuzTLhq0DOs>

WolfofAllStreetz • 3 points • 1 December, 2017 09:41 PM

What if I never dream?

Is it because my soul is black?

rebbit_reddit • 1 point • 28 November, 2017 07:28 PM

<https://www.amazon.com/Stop-Snoring-Easy-Way-Reasons/dp/1542991803>

wekacuck • 1 point • 29 November, 2017 12:55 AM

Weightloss has mostly solved my snoring. I do know that my diet affects it a lot, though. A cheat day makes my face a bit little puffy the next day and I can guarantee some snoring when that happens.

But... my god damn fitbit charts that I only get a low end percentiles of REM and deep sleep and nothing I've tried has been able to improve it. And mostly everyone says there's nothing to be done about it from what I can tell.

So now I'm going to have to do this. Thanks. What sort of didgeridoo do you have and how do you pick a good one that doesn't take up too much room or inspire an HOA fine? Are there mufflers or attenuators?

ImSteveMcQueen[S] • 1 point • 29 November, 2017 01:36 AM

What sort of didgeridoo do you have and how do you pick a good one that doesn't take up too much room or inspire an HOA fine? Are there mufflers or attenuators?

You don't need much. A piece of pipe will do in a pinch.

I have a Toca curved Tribal Sun.

<http://www.tocapercussion.com/products/didgeridoos/curved-didgeridoo-22/>

ImSteveMcQueen[S] • 1 point • 29 November, 2017 01:46 AM

But... my god damn fitbit charts that I only get a low end percentiles of REM and deep sleep and nothing I've tried has been able to improve it. And mostly everyone says there's nothing to be done about it from what I can tell.

Let us know how it works for you. I never thought to use a Fitbit to monitor sleep quality. I don't have one, maybe now I'll get one. Thanks for sharing that.

I'm curious, how does a Fitbit know when you are in REM sleep and what are the upper and lower ranges of the right amount of it ?

Edit: found this. https://help.fitbit.com/articles/en_US/Help_article/2163

"REM sleep has been shown to play an important role in mood regulation, learning, and memory as your brain processes and consolidates information from the previous day so that it can be stored in your long-term memory. "

FFDGTDS • 1 point • 29 November, 2017 12:07 PM

I've had FitBits and a Garmin, both work well; however, the FitBits (I've had two) only lasted 9 and 8 months respectively. If you buy a FitBit I would suggest buying the extended warranty. The FitBit seems to do a better job of tracking sleep.

SorcererKing • 1 point • 29 November, 2017 05:21 PM

You can try using a smartphone app for this as well, though I can't attest to how well they work.

ImSteveMcQueen[S] • 1 point • 29 November, 2017 05:23 PM*

I use snorelab on my phone. It works OK. Just measures sound levels. Doesn't use heartbeat. Doesn't try to detect REM sleep. It does give me a pretty good indication of how much I'm snoring. I can review the audio clips and hear what is happening with me at night.

SorcererKing • 1 point • 29 November, 2017 05:29 PM

Some of them seem to use the accelerometer to measure how much you're moving around, FWIW.

470_2_700_nm • 1 point • 29 November, 2017 06:20 PM

Edit - this is quack science.

This is sound advice. I've been treated for about 5 years now, I believe I've had it since my early 20's.

Can't say enough good about it.

InChargeMancomment score below threshold • -11 points • 28 November, 2017 10:03 PM

This shit is gay as hell. If you enjoy blowing large phallic instruments nightly, fine, but this is a lame thing to suggest to others.