Perhaps the Worst Thing to Do if You Can't Sleep

Analysis by Dr. Joseph Mercola Fact Checked

July 25, 2022

STORY AT-A-GLANCE

- April 30, 2019, the U.S. Food and Drug Administration (FDA) announced it will require sedative-hypnotics — a class of sleep medication used to treat insomnia — to carry a black box warning stating drug side effects may include dangerous behaviors done while sleeping, such as eating, walking, driving or engaging in a range of activities in your sleep that can lead to injury or death
- These potentially dangerous behaviors are more common with eszopiclone (Lunesta), zaleplon (Sonata), and zolpidem (Ambien, Ambien CR, Edluar, Intermezzo, Zolpimist) than other prescription sleep aids
- Over the past 26 years, there have been 66 documented reports of "complex sleep behaviors" occurring in patients on these drugs, 20 of which were fatal
- Several studies have also found sleeping pills increase your risk of death. In one study, fewer than 18 doses per year increased risk of death by 360%
- Many studies have also shown sleeping pills increase sleep time by mere minutes, typically in the range of five to 30 minutes at the most

This article was previously published May 16, 2019, and has been updated with new information.

If you have trouble sleeping, you're not alone. According to SleepHealth.org, 70% of American adults say they get insufficient sleep at least one night per month, and 11% struggle to get sufficient sleep on a nightly basis.[1] As noted by this organization:

> *"Sleepiness affects vigilance, reaction times, learning abilities, alertness, mood, hand-eye coordination, and the accuracy of short-term memory. Sleepiness has been identified as the cause of a growing number of on-the-job accidents, automobile crashes and multi-model transportation tragedies."*

However, reaching for a sleeping pill may be just as dangerous as not getting enough sleep.

Sleep Drugs Safety Announcement

April 30, 2019, the U.S. Food and Drug Administration announced[2] it will require sedative-hypnotics — a class of sleep medication used to treat insomnia — to carry a black box warning stating drug side effects may include dangerous behaviors done while sleeping, such as eating, walking, driving or engaging in a range of activities in your sleep that can lead to injury or death. According to the FDA:[3]

> *"These behaviors appear to be more common with eszopiclone (Lunesta), zaleplon (Sonata), and zolpidem (Ambien, Ambien CR, Edluar, Intermezzo, Zolpimist) than other prescription medicines used for sleep.*
>
> *As a result, we are requiring a Boxed Warning, our most prominent warning, to be added to the prescribing information and the patient Medication Guides for these medicines.*
>
> *We are also requiring a Contraindication, our strongest warning, to avoid use in patients who have previously experienced an episode of complex sleep behavior with eszopiclone, zaleplon, and zolpidem.*
>
> *Serious injuries and death from complex sleep behaviors have occurred in patients with and without a history of such behaviors, even at the lowest recommended doses, and the behaviors can occur after just one dose.*
>
> *These behaviors can occur after taking these medicines with or without alcohol or other central nervous system depressants that may be sedating such as tranquilizers, opioids,*

and anti-anxiety medicines."

Patients who experience an episode of activity while not fully awake, or find they cannot recall an activity that occurred while taking the medicine, are advised to stop taking the drug immediately and to contact their doctor.

Popular Sleep Drugs Linked to Accidental Fatalities

Over the past 26 years, there have been 66 documented reports of "complex sleep behaviors" occurring in patients on these drugs, the FDA says, 20 of which were fatal. These reports included:[4]

Accidental drug overdose	Falls
Burns	Near drowning and drowning
Exposure to extreme cold, resulting in amputation of a limb	Hypothermia
Carbon monoxide poisoning	Car accidents, where sleeping patient was driving
Self-inflicted gunshot wounds	Unintentional suicide attempts

Research[5] has also shown that those who take hypnotic sleep aids (including zolpidem, temazepam, eszopiclone, zaleplon, benzodiazepines, barbiturates and sedative antihistamines) on a regular basis are significantly more likely to die over the course of 2.5 years than nonusers, and the link is dose dependent.

Patients prescribed 0.4 to 18 doses per year raised their risk of death by 360%; those taking 18 to 132 doses per year had a 443% greater risk, while those taking in excess of 132 doses were 5.36 times (536%) more likely to die. Heavy users were also found to have a higher risk of cancer.

As noted by the authors, "Receiving hypnotic prescriptions was associated with greater than threefold increased hazards of death even when prescribed [less than] <18 pills/year." Other studies have reached similar conclusions. For example:

- A Norwegian study[6] published in 2007, which included data from 14,451 men and women aged 40 to 42 who were followed for 18 years, found frequent use of sleeping pills increased men's risk of death by 150% and women's risk by 170%, after adjusting for confounding factors.
- A 2009 Swedish study,[7] which followed a cohort of 3,523 men and women aged 30 to 65 for 20 years, found regular use of hypnotics raised all-cause mortality by 454% in men and 203% in women.

  According to the authors, "With regard to cause-specific mortality, regular hypnotic usage in men was a risk factor for coronary artery disease death, cancer death, suicide and death from "all remaining causes." In women it was a risk factor for suicide."
- A 2010 Canadian study[8] of 14,117 people between the ages of 18 and 102 found those who used sleeping pills were 1.36 times (136%) more likely to die than nonusers.

Sleeping Pills Provide Little or No Benefit

Considering the risks of these drugs, it's important to realize that the benefit you receive from them is negligible at best. In 2010, after a decade-long delay, the FDA finally got around to analyzing an industry-sponsored study submitted to the agency in 1995.

The study in question evaluated the effectiveness of over-the-counter sleep aids such as Tylenol PM and Excedrin PM. The drugs, which are a combination of acetaminophen (a painkiller) and diphenhydramine citrate (a sleep aid), were found to work only slightly better than a placebo.[9]

In a February 16, 2010, letter to the Consumer Healthcare Products Association (which represents makers of nonprescription drugs), Dr. Charles Ganley, director of the FDA's Office of Specialty Medicine,[10] stated:[11]

> *"There is an insufficient basis to support the combination of acetaminophen and diphenhydramine as a nighttime sleep aid for relief of occasional sleeplessness when*

associated with minor aches and pains."

Many other studies have produced abysmal results, raising serious questions about the value of sleeping pills. For example, an investigation by two drug safety experts commissioned by Consumer Reports revealed the sleep aid Belsomra helps you fall asleep just six minutes sooner, on average, compared to placebo, and extends sleep by about 16 minutes.[12]

Belsomra users also complained of drowsiness the following day, and were involved in a slightly greater number of car accidents. According to the Institute for Safe Medication Practices' (ISMP) 2015 report[13] for the first and second quarter of that year, Merck's own tests showed a 40 milligram (mg) dose of Belsomra increased sleep time by a modest 23 minutes longer than placebo.

A dose of 10 mg, which FDA insisted on as an initial dose due to concerns about impaired driving the next day, prolonged sleep just five minutes longer than placebo. What's more, between February and July 2015 — the year the drug launched — a whopping 1,016 consumer complaints against Belsomra were filed with the FDA.[14,15]

A majority, 42%, complained it didn't work; 32% reported sleep disturbances, including nightmares, hallucinations, sleep paralysis and sleepwalking; 28% reported next-day drowsiness, headache, dizziness, fatigue, amnesia and memory impairment; 22% reported agitation, anxiety, tremors, restless leg syndrome and muscle spasms; 5% reported depression, suicidal thoughts and attempted suicide. According to Consumer Reports:[16]

> *"Some drugs have even less benefit. For example, studies show that, on average, people taking ramelteon fall asleep 9 minutes faster than those taking a placebo; those taking suvorexant got only 10 minutes more shut-eye than those who took a placebo."*

The best performing sleep drug in Consumer Reports' "Best Buy Drugs Report," zolpidem, (which is one of the drugs slated to receive a black box warning), allowed patients to fall asleep 20 minutes faster and sleep 34 minutes longer on average, compared to placebo.[17,18]

Similarly, a 2012 meta-analysis[19] of data from 13 studies submitted to the FDA found so-called Z drugs (non-benzodiazepine hypnotics) decreased the time it took to fall asleep by 11 to 33 minutes (average 22 minutes) compared with placebo.

What Actually Works?

You'd be far better off putting your money toward authentic solutions to help you sleep, like installing black-out drapes in your bedroom, than on sleeping pills, as they may actually make it more difficult for you to get a good night's rest naturally.

One supplement that can be helpful, however, is melatonin. A 2015 systematic review[20] of the efficacy and safety of three types of over-the-counter sleep aids — antihistamines (diphenhydramine and/or doxylamine), melatonin and valerian — for occasional disturbed sleep or insomnia, showed that:

> *"[M]elatonin, especially prolonged-release formulations in older individuals with diagnosed insomnia, demonstrated the most consistent beneficial effects (vs placebo) on sleep measures, specifically sleep onset and sleep quality, with favorable tolerability. In contrast, the clinical trial data for diphenhydramine, immediate-release melatonin, and valerian suggested limited beneficial effects."*

Another paper[21] published in 2015, "Pharmacological Treatment of Insomnia," which reviews the mechanisms of action and effects of a range of sleep medications, cited the following research findings:

> *"In a randomized, double-blind, placebo-controlled study, a prolonged-release formulation of melatonin was associated with improvements in sleep and daytime parameters, including sleep latency, sleep quality, and morning alertness, after three weeks of treatment in adults with primary insomnia. The improvements were maintained in a subset of patients who continued treatment for a total of six months.*
>
> *In another short-term (one week), randomized, double-blind, placebo-controlled investigation, a physiological dose of melatonin (0.3 mg) restored sleep efficiency and elevated plasma melatonin levels to normal in adults with insomnia ..."*

Beware: Many Sleep Aids Will Leave You Impaired the Next Day

Lastly, it's also important to realize that many sleep drugs have long half-life — i.e., the time it takes for the drug's bioavailability in your blood to be reduced by half — which can leave you feeling groggy and not quite awake the following morning. As noted in the featured FDA safety announcement:[22]

> *"FDA is also reminding the public that all medicines taken for insomnia can impair driving and activities that require alertness the morning after use.*
>
> *Drowsiness is already listed as a common side effect in the drug labels of all insomnia medicines, along with warnings that patients may still feel drowsy the day after taking these products. Patients who take insomnia medicines can experience decreased mental alertness the morning after use even if they feel fully awake."*

For example, as reported by ISMP,[23] Belsomra has a half-life of 12 hours and accumulates with repeated use. After taking 40 mg of Belsomra for seven days, the drug's half-life rose from 12 to 17 hours in older men, and from 12 to 20 hours in older women.

"Many patients on a 40-mg dose might experience a therapeutic effect for the entire 24-hour period, potentially leading to daytime sleepiness," ISMP warns. Similarly, sleep aids that contain Benadryl (diphenhydramine) can have a half-life of 2.4 to 9.3 hours in healthy adults.[24]

As noted by Mental Health Daily,[25] you can "estimate that Benadryl will be 100% eliminated from systemic circulation between 13.2 hours and 2.13 days after your final dose." Until then, you may experience cognitive deficits and be more prone to accidents.

Optimize Your Health by Improving Your Sleep

Considering the virtually insignificant benefit sleeping pills provide — say an extra 15 minutes at best — are they really worth the potential risks? Small adjustments to your daily routine and sleeping area can go a long way toward ensuring you uninterrupted, restful sleep, without the added hazards. To get you started, check out the suggestions listed in the table below.

If you're even slightly sleep-deprived I encourage you to implement some of these suggestions, as high-quality sleep is one of the most important factors in your health and quality of life. As for how much sleep you need for optimal health, a panel of experts reviewed more than 300 studies to determine the ideal amount of sleep, and found that, as a general rule, most adults need right around eight hours per night.

Optimize your light exposure during the day, and minimize light exposure after sunset — Your pineal gland produces melatonin roughly in approximation to the contrast of bright sun exposure in the day and complete darkness at night.

If you're in darkness all day long, your body can't appreciate the difference and will not optimize melatonin production. Make sure you get at least 30 to 60 minutes of outdoor light exposure in the morning or midday to "anchor" your master clock rhythm.

Once the sun sets, minimize artificial light exposure to assist your body in secreting melatonin, which helps you feel sleepy. Alternatively, wear blue-blocking glasses in the evening.

It can be helpful to sleep in complete darkness, or as close to it as possible. If you need navigation light, install a low-wattage yellow, orange or red light bulb. Light in these bandwidths does not shut down melatonin production in the way that white and blue light does. Salt lamps are great for this purpose.

Address mental states that prevent peaceful slumber — A sleep disturbance is always caused by something, be it physical, emotional or both. Anxiety and anger are two mental states that are incompatible with sleep. Feeling overwhelmed with responsibilities is another common sleep blocker. To identify the cause of your wakefulness, analyze the thoughts that circle in your mind during the time you lie awake and look for themes.

Many who have learned the Emotional Freedom Techniques (EFT) find it is incredibly useful in helping them to sleep. One strategy is to compile a list of your current concerns, and then "tap" on each issue. For a demonstration, see the video below.

Keep the temperature in your bedroom below 70 degrees Fahrenheit — Many people keep their homes too warm at night. According to Sleep.org, the recommended room temperature for optimal sleep is between 60 and 67 degrees Fahrenheit,[26] and the National Sleep Foundation notes temperatures above 75 degrees F and below 54 degrees will disrupt sleep.[27]

Avoid watching TV or using electronics in the evening, at least an hour or so before going to bed — Electronic devices emit blue light, which tricks your brain into thinking it's still daytime.

Normally, your brain starts secreting melatonin between 9 p.m. and 10 p.m., and these devices may stifle that process. If you have to watch TV or use your cellphone or computer at night, wear blue-blocking glasses.

Take a hot bath 90 to 120 minutes before bedtime — This raises your core body temperature, and when you get out of the bath it abruptly drops, signaling your body that you're ready for sleep.

Minimize electromagnetic fields (EMFs) in your bedroom — EMFs can disrupt your pineal gland and its melatonin production, and may have other detrimental biological effects. Ideally, turn off any wireless router while you are sleeping. After all, you don't need access to the internet while sleeping.

Develop a relaxing presleep routine — Going to bed and getting up at the same time each day helps keep your sleep on track, but having a consistent presleep routine or "sleep ritual" is also important.

For instance, if you read before heading to bed, your body knows that reading at night signals it's time for sleep. Sleep specialist Stephanie Silberman, Ph.D., suggests listening to calming music, stretching or doing relaxation exercises.[28] Tai chi and cognitive behavioral therapy have also been found to produce "clinically meaningful improvements in insomnia."[29]

Avoid alcohol, caffeine and other drugs, including nicotine — Two of the biggest sleep saboteurs are caffeine and alcohol, both of which also increase anxiety. Caffeine's effects can last four to seven hours. Tea and chocolate also contain caffeine.

Alcohol can help you fall asleep faster, but it makes sleep more fragmented and less restorative. Nicotine in all its forms (cigarettes, e-cigs, chewing tobacco, pipe tobacco and smoking cessation patches) is also a stimulant, so lighting up too close to bedtime can worsen insomnia. Many other drugs can also interfere with sleep.

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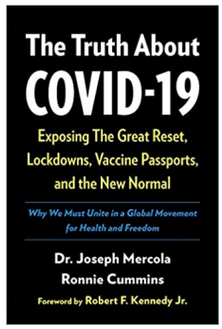

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MrPOrangi
Joined On 7/18/2009 12:58:14 AM
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20 fatalities gets a BLACK box warning. Millions of serious Cv 19 vacks injuries and deaths gets safe and effective tick for 6 month old babies. Makes Hitler look like he had a consciounce

Reply | Mark as Spam | Posted On 7/25/2022 12:43:51 AM

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Krofter
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Exactly my first thought as well.

Mark as Spam | Posted On 7/25/2022 9:12:53 AM

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Maritt
Joined On 12/14/2010 8:19:52 AM
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Gluten could be a problem (Grain Brain by Dr Perlmutter). Magnesium deficiency = Insomnia, Potassium deficiency = difficulty staying asleep, low Vitamin D = excessive daytime sleepiness. Vitamin B12 supplementation during the day; Ashwagandha (take in the day and

before bed); PQQ improves sleep quality. Adrenals dysfunction: High cortisol during the day = adrenal cortex extract, Low cortisol at night = Phosphatidylserine.

Reply | Mark as Spam | Posted On 5/16/2019 5:58:13 AM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

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It's not just the gluten factor with grains. Grains themselves are very low in tryptophan. Nearly all grains, starches, fruits, and vegetables are low in tryptophan (Food Pyramid diet). Tryptophan is an amino acid that is made from plant or animal sources. It is known as an "essential" amino acid because the human body does NOT produce it! Tryptophan is the key ingredient your body uses to make Serotonin and Melatonin! If you are having to take melatonin supplements to sleep you need to increase your dietary intake of tryptophan. It can be found in abundance in Legumes (peanuts and soybeans), Nuts/seeds (pumpkin seeds), and Meat (Beef, lamb, fish). If you are like me and have allergies to soy and peanuts then the only other alternatives for a vegetarian are SEEDS! Pumpkin seeds top the list. Unfortunately for me, I have allergic reactions to almost all seeds. I can tolerate pistachios as long as I don't over do it. It's easier for me to simply eat a steak.

Here's the other issue with grains (especially wheat). They contain lectins. Lectins have an attraction for the mucus that lines the small intestine and they BIND to this mucus. When this happens your intestines shed this mucus off. Unfortunately, this mucus lining is where 90% of the Serotonin in your body is produced (Brain/Gut connection). So not only are grains VERY low in Tryptophan, but the lectins in grains actually strip away what serotonin you had stored in your small intestine. It's a TRIPLE WHAMMY! Without this mega warehouse of stored serotonin in your gut your brain becomes depleted of it and then it becomes depleted of melatonin. The PHD Scientist that I know researched this extensively actually did dietary changes on people diagnosed with Bipolar Disorder and successfully got them off their meds and back into society as productive/functional members of society by simply removing all grains and night shades from their diet.

Mark as Spam | Posted On 5/16/2019 11:38:59 AM

Like Dislike

Maritt

Joined On 12/14/2010 8:19:52 AM

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L-Taurine before bed (500 -1,000mg) will improve sleep. Also Niacin (vitamin B3) will assist in managing intrusive thoughts. Keep in mind that supplements are not magic potions and that their benefits will improve after taking it for days/weeks.

Mark as Spam | Posted On 7/25/2022 1:50:01 AM

Like Dislike

Otorongo

Joined On 4/16/2008 12:33:32 AM

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Chronically contracted muscles and muscle spasms, even if they are mild, also contribute to lack of sleep. People that live with this, like myself, struggle to sleep at night. My mother always recommended warm milk and honey at night. However, I am allergic to all dairy products. Before L-Tryptophan was taken off the market, I would take that and it worked very well. Now I have to get up in the middle of the night, hydrate, have a foot bath of epsom salt, baking soda, sea or mineral salt and vit C powder, plus, massage my legs and neck. Nerve damage from a ruptured cervical disc is a b*+#ch

Mark as Spam | Posted On 7/25/2022 12:06:18 PM

Like Dislike

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badboy2

Joined On 11/15/2010 5:08:52 AM

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If the FDA is behind it, don't buy it and don't do it. They cannot be trusted anymore.

Reply | Mark as Spam | Posted On 7/25/2022 3:10:35 AM

Like Dislike

JannSimpson

Joined On 3/5/2014 12:13:02 PM

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I believe that my Insomnia was Thyroid/ Auto Immune-related. Many people don't make this connection. Even Doctors! In conjunction with a diet change (very important for autoimmune), I started on a small dose (1 mg) of melatonin. it didn't really seem to help as I wanted, so when I started on Magnesium Glycinate I started sleeping so much better! And then when I went to a popular brand of liquid magnesium, It was a miracle actually!! :-). I not only sleep well, but it's also a deep sleep for most of the night. I am in heaven. I take 2 tsp in juice every night.

Reply | Mark as Spam | Posted On 5/16/2019 11:11:30 AM

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Krofter

Joined On 6/2/2015 9:47:59 AM

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Some sleep issues may be the result of insufficient cannabinoids, specifically CBN. Like many other cannabinoids CBN can be bound in Cannabis. CBN is typically found in very low amounts in most Cannabis, but as Cannabis ages THC will convert to CBN through enzymatic action. This means that the old stuff on sale at your local dispensary may be a good source of CBN. Varieties from the C. indica species typically convert more THC to CBN than C. sativa. If I feel like I need a good nights sleep I'll toss a piece of raw bud about the size of the tip of my little finger in my late day smoothie. This is a safe, non-addictive way to get a good nights sleep.

Reply | Mark as Spam | Posted On 5/16/2019 8:56:04 AM

Like Dislike

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turkeybeach

Joined On 2/6/2007 3:21:52 AM

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Try sex as a relaxative no trouble going to sleep afterwards and is good for your general wellbeing.

Reply | Mark as Spam | Posted On 5/15/2019 3:51:58 PM

Like Dislike

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acs4457

Joined On 10/7/2014 8:01:10 AM

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Of course you are correct Turkey but now you are opening a new can of worms as well. I read somewhere, years ago, that good sex is best in good marriages. A good marriage is a complicated matter. Those who experience such unity are most blessed people, it seems. It also seems that it is easiliest achieved between two individuals who are friends for life. That in it self implies difficult complications as on the whole men and women are distinctly two different beings, as nature dictates. To bridge the gap and create unity is easier said than done on the whole ? Divorce rates today display the difficulties clearly. It also seems that in todays modern society the situation is becoming even more complicated than ever before, with more and more children suffering the effects and probably becoming sleepless peoples ? I bet you can sense my smile ? Ashwagandha is a really good product. After multiple hospitalization incidents, I slept very badly, where most of my life previosly I had little problems. Aswagandha returned/repaired the problem unbelievably fast.

Mark as Spam | Posted On 5/15/2019 9:25:23 PM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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If you need help, KS-100 in combination with capsaicin. This is not something you want to overdo and may not even want to be on a full dose. May also be therapeutic in other ways.

Mark as Spam | Posted On 5/16/2019 4:18:01 AM

Like Dislike

eiggod8

Joined On 9/18/2009 8:16:13 AM

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With few exceptions, good relaxing sex does not require a partner.

Mark as Spam | Posted On 7/25/2022 6:21:44 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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"With few exceptions,..."Does that apply to your 8 doggies? :-)

Mark as Spam | Posted On 7/25/2022 7:36:08 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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Heavier than air, carbon dioxide (CO2) buildup, settling around one's face can be detrimental to a good night's sleep. If opening a nearby window is not an option, then try placing a simple tabletop fan on the nearby dresser, and just operating it on just "SLOW" speed, which should be enough to keep the air quality around your face well balanced for breathing. And you don't necessarily have to aim the fan directly at your body/face if you find that bothersome, all that's important is to move the air in the bedroom in your general proximity. Works well for me.

Reply | Mark as Spam | Posted On 5/16/2019 6:20:33 AM

Like Dislike

AnnaZeez

Joined On 11/25/2015 4:00:18 AM

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I'd like to add to my previous comment. One of the reasons that sleeping pills are so bad for us is that they don't create - can't create "sleep". Sleep includes very powerful brain activity. We aren't conscious, and activity in thinking ":daytime" areas of our brain may be minimal but other areas of the brain are carrying out the mosy electrically powerful activity that the brain does all day. This has the effect, amongst others, of clearing out the proteins associated with the development of plaque linked to Alzheimer's and Parkinson's.

In contrast, "sleeping" pills switch off/ dumb down an area of the brain, so that (at best) we don't wake up. We also don't sleep deeply, so our risks of those illnesses that are linked to a lack of deep sleep (cancer, heart disease, dementia) all roughly double. I was a long term insomniac, working with inventors, hence the drive to do something more effective than binaural beats to encourage the brain to sleep deeply. It has taken us many years, and now, I think we have something to be proud of. I hope that we help many people.

Reply | Mark as Spam | Posted On 5/16/2019 4:34:41 AM

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MrPOrangi

Joined On 7/18/2009 12:58:14 AM

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In this day and age looking after your health has never been easier 1) never eat foods that come out of a packet that has numbers written on it. 2) anything a Western health system advises, do the exact opposite. You can't go wrong

Reply | Mark as Spam | Posted On 7/25/2022 12:53:02 AM

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dude01

Joined On 8/10/2007 1:20:04 PM

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I find that keeping busy during the day and avoiding naps after 5 PM, is very helpful. Also, consuming Indica Cannabis after 6 PM works well for me. Dr. Mercola's Magnesium Threonate is part of my daily supplemental intake - 2 capsules in the morning, and 1 after dinner. I have tried Valerian and Melatonin at different times. Both seemed to have worked for a few days. Then I started waking up after a couple of hours and could not fall back to sleep.

Reply | Mark as Spam | Posted On 5/16/2019 11:44:52 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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I am not a person who has difficulty falling asleep. Only once in my life have I ever suffered insomnia. It was post surgery. I believe it was due to all the drugs I was given disrupting my metabolism. I went 30 days without sleep. I would go days at a time with no sleep at all, then collapse from exhaustion for, maybe, 2 hours of troubled unnatural sleep. It was literally making me crazy. Then, I tried Essiac. Not a bottled kind, but I went out, bought the individual herbs and brewed it myself. I believe it had an alterative effect. After the first day of dosing, I was back to sleeping normally. So, I suggest considering alterative herbs, not just Essiac. Restore harmony. This is a different approach than taking meds for sleep.

Reply | Mark as Spam | Posted On 5/16/2019 4:24:22 AM

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caws

Joined On 1/12/2009 12:42:21 PM

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Almond, You are so right about the drugs they gave you . 90% of anesthesia is now high dose fluoride which is very difficult to get rid of. They use it in hundreds of drugs now because it is a catalyst that helps medicine go in longer ,stronger,faster, deeper. Because F is missing an electron causing a negative charge ; it's favorite attraction is to calcium. The part of you body with calcium that has the BEST BLOOD FLOW is your pineal gland. Ageing gradually calcifies the pineal but Fluoride quickly calcifies it causing insomnia. Once calcified; making melatonin and pineal hormones is compromised. Luckily you used the Essiac early on which had a flushing effect which helped you clear it from your system. Very smart.

Mark as Spam | Posted On 9/11/2019 7:55:54 AM

Like Dislike

TomAbbott

Joined On 4/17/2018 10:52:55 AM

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Both my son and I became zombies when we took Ambien. I would swear in court that I simply slept, but my wife tells me that I climbed up on a chair to get a can of Spam from the top shelf in the pantry (where we keep the "emergency" food), opened it, ate some of it straight for the can, then went back to bed. When he took it, he also had amnesia about his actions, but he got in his car, pulled out of the garage, drove across the street into the neighbor's yard, hit a fire plug, rolled out of the car in slow motion, left the car running and the door open but went back in the house and went back to bed. Whenever a doctor or pharmacist asks about allergies to drugs, we both list Ambien.

Reply | Mark as Spam | Posted On 5/16/2019 4:23:44 AM

Like Dislike

AnnaZeez

Joined On 11/25/2015 4:00:18 AM

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Scary stuff. You might enjoy reading Guy Leshzingers book "the Nocturnal Brain" - case studies on what can happen during sleep.

Mark as Spam | Posted On 5/16/2019 7:33:50 AM

Like Dislike

c.aidan
Joined On 5/23/2010 1:52:30 PM
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My experience with sleeping pills left me in no doubt that, yes they knock you out very effectively, but it's not real sleep and every time I took one I experienced " falling asleep at the wheel" the next day...it was only a matter of time before it happened.

Reply | Mark as Spam | Posted On 5/16/2019 12:25:00 AM
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DeadDogWorms
Joined On 5/30/2020 6:30:04 PM
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O.M.G., They put a warning on a package of sleeping pills for just 66 incidences, however the jab kills thousands and a person is not even entitled to know what is in the jab. nor is there any warnings for the jab.

Reply | Mark as Spam | Posted On 7/26/2022 7:54:52 AM
Like Dislike

ThyroidGirl
Joined On 7/11/2017 3:56:36 PM
Add as Friend | Send Message

I like to count Sheep (sheeple) when I can't sleep I just visualize a bunch of masked men jumping over a fence.

Reply | Mark as Spam | Posted On 7/25/2022 3:52:55 PM
Like Dislike

Piw6958
Joined On 3/19/2015 6:42:04 AM
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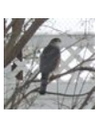
I personally witnessed this when my husband took Ambien and drove to the doctor's office doing 65 in a 25mph zone, when I told him to slow down he glared at me and said " I should have left you home" had his exam and drove home, and about an hour later looked at his watch and said " Oh no, I missed my doctor's appointment" I didn't even notice when he "woke up". When I told him he had gone to the doctor and was driving like a madman, he threw away his pills and would never take them again

Reply | Mark as Spam | Posted On 7/25/2022 8:11:27 AM
Like Dislike

BabaJaiy
Joined On 6/25/2016 8:09:20 AM
Add as Friend | Send Message

With some exceptions and/or short term factors, a good sleep doesn't require any technique/substances, natural or not. It typically is the result of an overall 'unnatural' lifestyle. I know, describe 'natural lifestyle'; Well that's the work the individual has to do to discover for themselves.

Reply | Mark as Spam | Posted On 5/16/2019 8:51:13 AM
Like Dislike



balhawk
Joined On 12/11/2009 3:56:56 PM
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Yes. Or perhaps better stated good sleep depends upon a healthy lifestyle. Sufficient nutrients (especially magnesium, B-complex, and vitamin C), sufficient activity, including some intense exercise, and a proper sleep environment are all very important for good sleep. As well as minimizing stress, of course, but the above are all very helpful to enable one to handle stressful situations and circumstances as well.

Mark as Spam | Posted On 5/16/2019 9:15:24 AM

Like Dislike

Suzanne_L

Joined On 7/23/2020 10:19:29 AM

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When someone gets so severely out of balance that they are dealing with chronic poor sleep, the stereotypical suggestions for a healthy lifestyle are very hard to maintain and often backfire. For instance, exercise causing stimulation and not resulting in a restful night of sleep. I don't speak for myself as much, I'm a more typical insomniac, by my family members struggle with significant sleep issues and I'm often amazed at how the typical advice doesn't work! These articles and suggestions from Mercola.com users are very helpful for people dealing with genetic conditions and disorders that affect sleep more significantly than you've likely had to face.

Mark as Spam | Posted On 7/26/2022 10:45:01 AM

Like Dislike

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axkershaw

Joined On 7/8/2013 3:01:14 PM

Add as Friend | Send Message

To the hot bath before bedtime add Epsom salts. The Mg calms and the SO4 helps with many functions that soothe the body and mind. Add some powdered vitamin C to help build collagen to heal and beautify the skin.

Reply | Mark as Spam | Posted On 5/16/2019 8:46:35 AM

Like Dislike

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clindesbcglobal

Joined On 7/2/2008 12:46:39 PM

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I like bubble baths and find them very relaxing. I even have a pillow that has suction cups that hols it to the tub and I just relax for a few minutes before actually bathing. Sometimes in cold weather I take a cup of coco with me. I sleep well most of the time but if I have something on my mind that I can't shake then I have a problem.

Mark as Spam | Posted On 7/25/2022 7:23:14 AM

Like Dislike

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iBeta2

Joined On 1/10/2018 4:25:56 AM

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Earthing to ground works, maybe through several mechanisms. One of these is improved blood flow to distal regions, specifically the feet: 'Kräuchi and colleagues have demonstrated that the distal-to-proximal skin temperature gradient is the best predictor variable for sleep-onset latency (compared with core body temperature or its rate of change, heart rate, melatonin onset, and subjective sleepiness ratings). Their study provides evidence that selective vasodilation of distal skin regions(and hence heat loss) promotes the rapid onset of sleep.' - Can Electrons Act as Antioxidants? A Review and Commentary JAMES L. OSCHMAN, Ph.D.

Reply | Mark as Spam | Posted On 5/16/2019 4:10:05 AM

Like Dislike

Suzanne_L
Joined On 7/23/2020 10:19:29 AM
Add as Friend | Send Message

Interesting. How do we apply this practically speaking? Make our feet cold? And how?

Mark as Spam | Posted On 7/26/2022 10:46:16 AM

Like Dislike

redplanet1
Joined On 8/24/2013 1:36:08 AM
Add as Friend | Send Message

For those of us with severe insomnia there is zero reaction to something like Ambien. We don't feel it and we remember every waking moment of its uselessness. I have seen friends get the memory loss, but many of us do not. Years ago before the FDA's disinformation campaign I was introduced to GHB by Steven Fowkes, author with Ward Dean MD of the book on GHB and how it normalizes sleep architecture. Steve introduced me to a Stanford trained, Palo Alto MD who Rx'ed GHB for me. My life changed. I took it at 10:55, was asleep at 11, and up at 7 to get my kid to school. GHB is in all living mammals so all those autopsies screaming it was a GHB death were nonsense. You don't go into a coma with it, you go into a deep sleep. There is a difference. Hopefully one day it will come back, just like cannabis and 'shrooms.

Quote: GHB is a naturally occurring substance found in the central nervous system, wine, beef, small citrus fruits and almost all living creatures. GHB predominantly works at two distinct binding sites in the central nervous system: it works as an agonist at the newly-characterized excitatory GHB receptor, while acting as a weak agonist at the inhibitory GABAB receptor. Since it is a naturally occurring substance, its physiological action is similar to that of some endogenous neurotransmitters in mammalian brain. GHB is probably synthesized from GABA in GABAergic neurons, and released when the neurons fire.

Reply | Mark as Spam | Posted On 5/16/2019 1:53:18 AM

Like Dislike

my_RNA_DNA
Joined On 4/26/2021 9:21:23 AM
Add as Friend | Send Message

I have no plans or desires to use any big pharma drug garbage. I will find natural cures where I can and believe me, there are many.

Reply | Mark as Spam | Posted On 7/26/2022 7:05:38 AM

Like Dislike

Joe_Below
Joined On 3/17/2020 11:04:08 PM
Add as Friend | Send Message

In all honesty, for men, getting one off helps to put the lights out. No side effects.

Reply | Mark as Spam | Posted On 7/25/2022 9:50:17 PM

Like Dislike

DeadDogWorms
Joined On 5/30/2020 6:30:04 PM
Add as Friend | Send Message

That's fine if you got an old lady that juices up..... fortunately I can take an afternoon nap.

Mark as Spam | Posted On 7/26/2022 7:57:54 AM

Like Dislike

lisa.landen78

Joined On 7/26/2014 7:36:46 AM

Add as Friend | Send Message

Taking 20 mg of melatonin before bed has helped me tremendously. I've struggled to fall asleep all of my life, even as a little kid. I started using melatonin after having breast cancer as an anti-cancer supplement, but keep taking it for the sleep benefit. Another helpful tool is acupuncture. Treating the liver/gallbladder meridian helps calm the mind and bring on more restful sleep.

Reply | Mark as Spam | Posted On 7/25/2022 5:36:31 PM

Like Dislike

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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66 documented cases, eh? And 20 fatalities. Sounds like some serious signaling to the 'faithful' that the grand poobahs have it all under control, all going according to plan. The Lord does allow the deceiving & being deceived to choose their own antichrist delusions, or better said: once they reach that reprobate state known only to God, he lets some lying spirit lead them or their 'prophets' vain imaginations like he did Ahab's (1 Kings 22, 2 Chronicles 18:22, Isaiah 66 KJB/AV....now THERE'S some 6's for you...lol).

Personally, I find that if I've not done something stupid or irresponsible diet or worldliness-wise which I need to just acknowledge & get right, then avoid, then turning my soulish mind into serious Bible reading & study, and/or prayer according to the scriptures, that the truth, evident promises & power of God do the work; coming clean with repentance toward God if there's something of that old flesh nature or sin blocking peace; while if it's oppression keeping me awake: devils, lying & familiar spirits REALLY don't like that response: especially if it's consistent: they'll leave off their attack for some more opportune time or attempt, & sleep comes.

Matthew & Luke 4; James 4; & 1 Peter 5 KJB/AV No way do I knowingly put my mind into neutral opening to any spirit by either drug or technique which is a recipe for spiritual deception, bondage & slavery....even to the point of possession for one not born again, sealed, & indwelt by the Holy Spirit of the Godhead.

Reply | Mark as Spam | Posted On 7/25/2022 5:11:41 PM

Like Dislike

Suzanne_L

Joined On 7/23/2020 10:19:29 AM

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Yes, I also thought the technique was likely problematic. Good advice here. ,Thank you. This device seems very promising, plus I love how you promote the use of supplements and good sleep hygiene on y

Mark as Spam | Posted On 7/26/2022 10:53:46 AM

Like Dislike

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leighadv

Joined On 11/13/2009 7:35:09 PM

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I am hesitant to use many of these suggestions because I habitually get up 4-6 times each night to pee. Any help for me? I haven't had a complete through-the-night sleep for so many years.

Reply | Mark as Spam | Posted On 7/25/2022 4:01:22 PM

Like Dislike

Suzanne_L

Joined On 7/23/2020 10:19:29 AM

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I think you could try the supplement suggestions. If I start to feel wakeful, my body usually tells me I have to go. So possibly the poor sleep is triggering the sensation of needing to go, rather than the needing to go waking you up. You could also look into treatment for interstitial parasites. They can cause bladder irritation (as can so many other things, so I don't mean to scare you).

Mark as Spam | Posted On 7/26/2022 10:40:02 AM

Like Dislike

quantumfome

Joined On 1/18/2010 4:17:55 PM

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So what do you do, when you do all the right things, you don't have mental anxiety or stress, follow all the sleep rules, take the correct amount of melatonin, sleep in complete darkness, get up early, stay outside all day in bright sun, use no electronics hours before bed, sleep at the correct temperature, and still do not fall asleep, sometimes for several nights in a row until you get hallucinations? The only thing that helps is one kind of sleeping pill.

Reply | Mark as Spam | Posted On 7/25/2022 3:56:02 PM

Like Dislike

Suzanne_L

Joined On 7/23/2020 10:19:29 AM

Add as Friend | Send Message

I would say, there is something else going on, physically. Sleep is very complex. I'll say a prayer for you that you will find your "silver bullet" and figure out why you can't sleep without the pill. Until then, I think you are justified in using it.

Mark as Spam | Posted On 7/26/2022 10:56:06 AM

Like Dislike

DebraC043

Joined On 1/25/2019 7:47:03 PM

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I have tinnitus. . .a high pitched siren that NEVER stops. I tried tapping, and it didn't seem too work for me, so, I tried the opposite. . . I listen to the tinnitus sound, and BAM! ! ! I am asleep!. This may not work as well at 4AM, after getting a few hours of sleep, but usually, it will! I do NOT get anxious, I just get sleep, THANK GOD! ! ! !

Reply | Mark as Spam | Posted On 7/25/2022 1:40:05 PM

Like Dislike

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candigirltoo

Joined On 11/29/2008 11:58:28 PM

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I used ambien several years ago. One night after taking 10 mg., I answered a phone call, went down stairs, let someone in the house, had a conversation, and went to bed. Zero memory of any of this. Scary.

Reply | Mark as Spam | Posted On 7/25/2022 9:36:08 AM

Like Dislike

DawnieR

Joined On 5/19/2021 9:38:50 AM

Add as Friend | Send Message

When I cannot fall asleep.....I'll boil (to warm), CLEAN (filtered) water.....pour in a 'foot bucket' with epsom salt.

Reply | Mark as Spam | Posted On 7/25/2022 9:19:42 AM

Like Dislike

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scuppi

Joined On 6/20/2006 2:28:50 AM

Add as Friend | Send Message

Many things can help with sleep, but there are too safe amino acids that work well. Glycine and L-Serine will promote a good nights sleep. A search will give you all the details. In powder form, which you can buy on line, about a half teaspoon of each or either one will give you a good night sleep and let you sleep through the night.

Reply | Mark as Spam | Posted On 7/25/2022 7:40:58 AM

Like Dislike

Joymartin76

Joined On 12/25/2007 12:55:05 PM

Add as Friend | Send Message

I have read that melatonin can raise blood pressure. A relative of mine had trouble with regulating his high blood pressure until he got off of his nightly melatonin. So, what's to believe about melatonin? Good or not?

Reply | Mark as Spam | Posted On 7/25/2022 6:22:29 AM

Like Dislike

Lizschneider53

Joined On 2/4/2021 4:24:14 AM

Add as Friend | Send Message

I myself just take one PM before bedtime!

Reply | Mark as Spam | Posted On 7/25/2022 5:05:40 AM

Like Dislike

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lel36357

Joined On 3/19/2015 5:50:10 PM

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This was so interesting. Thank you, everyone!

Reply | Mark as Spam | Posted On 7/25/2022 2:12:18 AM

Like Dislike

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npolog

Joined On 1/29/2016 4:10:03 AM

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A basic melatonin spray works best for me. If I wake up early...usually just one extra spray will enable sleeping to a later time. Do not use during the day.

Reply | Mark as Spam | Posted On 5/16/2019 7:24:36 AM

Like Dislike

MMaster

Joined On 8/14/2021 1:37:23 AM

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As I have mentioned several times before, keeping the temperature in the bedroom at 70 degrees is NOT a reasonable recommendation for people who live in the desert southwest. Not only is 70 degrees rather chilly in low humidity, but the costs of electricity to cool that much can be astronomical. Evidently these people who investigated room temperature as a factor never bothered to ascertain why dropping the temperature 40 to 50 degrees below outside highs makes any sense at all. I have a room air conditioner. To lower the temperature to 70 in the summer would cost me at least a couple hundred a month.

If the family has central AC it can be much more. Finally, I should tell you point blank that a temperature of 70 or below in the bedroom would leave me shivering, which is not exactly conducive to sleep. I keep my AC at 83, which is slightly warm when the humidity is high, but too cold during dry summer. It should be noted that people's blood ADAPTS to climate, so what is comfortable for a person in New England may be freezing to someone in New Mexico. My son who lives in New England will go out in the snow in shorts. I have to be wrapped to the hilt or I freeze.

Reply | Mark as Spam | Posted On 7/25/2022 11:11:11 PM

Like Dislike

AnnaZeez

Joined On 11/25/2015 4:00:18 AM

Add as Friend | Send Message

Very solid suggestions for improving sleep. Poor sleep is really damaging - not a good idea to spend time sleeping badly. Whilst making the changes talked about here, and to support them, I'd like to suggest the low power Zeez Sleep Pebble device to encourage the brain (and therefore breathing and heart rate) to slow down. We have to slow down the brain to sleep = sleep can be characterised as a series of brain states, most of which are characterised by slower brainwaves than than daytime brainwave patterns.

Reply | Mark as Spam | Posted On 5/15/2019 10:54:18 PM

Like Dislike

Suzanne_L

Joined On 7/23/2020 10:19:29 AM

Add as Friend | Send Message

Thank you. The device does seem to make sense! Great job designing it. Also, I like how you appear to support good sleep hygiene and give supplement suggestions. Loved the "about" information and the jokes about the legal cases not being hard enough for you, so you took on making this device. LOL

Mark as Spam | Posted On 7/26/2022 10:48:58 AM

Like Dislike

Suzanne_L

Joined On 7/23/2020 10:19:29 AM

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Why is she choosing those particular spots to tap? Looks like she always taps with her dominant hand? Also, I'm not connecting with the negative confessions that seem to go on an on. In the comments, I see practical suggestions for supplements and diet changes. Are the rest of you dismissing her approach?

Reply | Mark as Spam | Posted On 7/26/2022 9:19:20 AM

Like Dislike

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freeman_jamesx

Joined On 12/1/2021 1:01:37 AM

Add as Friend | Send Message

Anyone tried Clif High's "Pure Sleep" product? I've been considering trying it, but interested in feedback before dropping the cash...

Reply | Mark as Spam | Posted On 7/25/2022 6:00:30 AM

Like Dislike

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mky32022

Joined On 6/25/2015 10:27:20 AM

Add as Friend | Send Message

Why is the product's second ingredient organic cane sugar? Questioning the rest...

Mark as Spam | Posted On 7/25/2022 1:42:56 PM

Like Dislike

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