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Subject: Do you sleep to music?

Posted by [iLoveiPod](#) on Wed, 10 Feb 2016 16:55:44 GMT

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I have a lot of trouble sleeping -- falling asleep initially and staying asleep through the night are both issues for me. Someone suggested a sound machine for background noise but I already run fans for that. Another person suggested music. Do you sleep to music? Do you find it helps you sleep better?

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