

---

Subject: Re: Do you sleep to music?

Posted by [Flixé](#) on Mon, 13 Mar 2017 01:30:31 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

I don't sleep to music every night but when I can't sleep I turn my radio on or listen to a white noise app on my phone. It usually helps. I normally drink a sleepy time blend of tea in conjunction.

---