Subject: Do you sleep to music?
Posted by iLoveiPod on Wed, 10 Feb 2016 16:55:44 GMT
View Forum Message <> Reply to Message

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?

Subject: Re: Do you sleep to music?
Posted by Finn on Wed, 10 Feb 2016 16:59:27 GMT
View Forum Message <> Reply to Message

I too have to sleep with some kind of white noise, so I usually use a fan for this, but sometimes listening to classical music helps me fall asleep faster. It's very relaxing.

Subject: Re: Do you sleep to music?
Posted by Kingfish on Tue, 28 Feb 2017 18:57:38 GMT
View Forum Message <> Reply to Message

It helps me sleep better because it helps dictate the direction my dreams go. Or at least that's the way it seems. I first noticed this when I had this song on a cd shuffle many years ago:

https://www.youtube.com/watch?v=V94pBlA4n7U

I won't go into the dream, but there were people and places I had never seen at that point.....it was interesting.

Subject: Re: Do you sleep to music?
Posted by Miami on Tue, 28 Feb 2017 19:09:59 GMT
View Forum Message <> Reply to Message

Fall asleep to Serenity by Godsmack in your car in the New Mexico desert and you'll never want to do THAT again.

Seriously....I don't like bad dreams and that gave me bad dreams.

Subject: Re: Do you sleep to music?
Posted by drake on Wed, 01 Mar 2017 19:40:37 GMT
View Forum Message <> Reply to Message

I have had trouble sleeping before and it is not a good experience at all. Nowadays I am good and

I now see how applicable this conversation would have been then.

Subject: Re: Do you sleep to music?
Posted by chatzy02 on Tue, 07 Mar 2017 11:19:08 GMT
View Forum Message <> Reply to Message

I sleep to personal development programs like Esther Hicks' workshops or Bob Proctor's programs. My favorite is the Born Rich program. I could listen to that over and over for years to come.

Subject: Re: Do you sleep to music?
Posted by Flixe 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.

Subject: Re: Do you sleep to music?
Posted by Amber on Mon, 17 Apr 2017 17:11:03 GMT
View Forum Message <> Reply to Message

I don't sleep to music every night, but at least five days out of the week. Depending on what genre it is on, it usually does make me relax to fall asleep. Anything acoustic or acapella definitely gets the job done.

Subject: Re: Do you sleep to music?
Posted by Zart on Sat, 13 Nov 2021 03:42:10 GMT
View Forum Message <> Reply to Message

Not always, but I do try some music when I can't fall asleep. Other times I can't sleep with it because the lyrics somehow bother my thoughts. I end up intently listening that I can't fall asleep.

Subject: Re: Do you sleep to music?
Posted by Rusty on Sat, 13 Nov 2021 13:27:42 GMT
View Forum Message <> Reply to Message

No music, no tv. I can't let the sandman take me away with human voices and music going. I can't disassociate from it. Maybe though I should try the music of Pink Floyd to lull me for an insomnia event. I've always considered their music as sedative rock.

Subject: Re: Do you sleep to music?
Posted by LoveJB on Sat, 13 Nov 2021 21:19:22 GMT
View Forum Message <> Reply to Message

I used to always have music on when I went to bed. I don't really do that anymore. I have a ceiling fan and a box fan on every night. If I go somewhere and I don't have a fan, I play music.

Subject: Re: Do you sleep to music?
Posted by AcousticJack on Tue, 23 Nov 2021 10:31:56 GMT
View Forum Message <> Reply to Message

I don't do it so often, but when I feel that I can't sleep, I put on some sleep meditation music in my earphones and listen to it till I drift off. It works every time.

Subject: Re: Do you sleep to music?
Posted by Concorde on Sat, 11 Dec 2021 17:49:48 GMT
View Forum Message <> Reply to Message

Oddly enough, I tried it once and it didn't do anything for me.

These days, I'll read Reddit and it never fails to put me to sleep. LOL