

The cure for insomnia is to use all your five senses at the same time while you are falling asleep.

Examples:

Hearing: Listen to music or an audiobook while you are falling asleep.

Smell: Burn incense by your bed.

Taste: Keep candy next to you and eat it while lying down in bed.

Sight: Put some pretty, colored flashing lights by your bed and turn them on while you are falling asleep.

Touch: Pet your cat or dog in bed.

If you are using all your five senses at the same time while you are in bed, you will fall asleep easily.

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