

# Poetical Nightmares: Sleep With Me



## Poetical Nightmares: Sleep with me by Sophocles

★★★★☆ 4.8 out of 5

Language : English  
File size : 1538 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Print length : 29 pages  
Lending : Enabled  
Screen Reader : Supported



Sleep With Me is a podcast that helps people fall asleep. It is hosted by Drew Ackerman, who reads stories in a soothing voice. The stories are often long and rambling, and they are designed to be boring. This may seem counterintuitive, but it actually works. The boredom of the stories helps to relax the listener and lull them to sleep.

Ackerman has been hosting Sleep With Me since 2011. The podcast has been downloaded over 100 million times and has been featured in The New York Times, The Washington Post, and The Wall Street Journal. Ackerman has also written a book about the podcast, called "Sleep With Me: How to Fall Asleep Fast (Even When You Can't)." Sleep With Me is a unique podcast that has helped many people fall asleep. If you have trouble sleeping, you may want to give it a try.

## How Does Sleep With Me Work?

Sleep With Me works by using a combination of techniques to relax the listener and lull them to sleep. These techniques include:

- **Boredom:** The stories on Sleep With Me are intentionally boring. This may seem counterintuitive, but it actually works. The boredom of the stories helps to relax the listener and lull them to sleep.
- **Soothing voice:** Ackerman has a very soothing voice. This helps to relax the listener and make them feel sleepy.
- **Repetition:** Ackerman often repeats himself in the stories. This repetition can help to lull the listener to sleep.
- **Safety and security:** Ackerman creates a safe and secure environment for the listener. He does this by using a gentle and reassuring tone of voice. He also avoids using any jarring or frightening sounds.

## The Benefits of Sleep With Me

There are many benefits to listening to Sleep With Me, including:

- **Improved sleep quality:** Sleep With Me can help you fall asleep faster and stay asleep longer. This can lead to improved sleep quality overall.
- **Reduced stress and anxiety:** The relaxation techniques used in Sleep With Me can help to reduce stress and anxiety. This can make it easier to fall asleep and stay asleep.
- **Improved mood:** Getting a good night's sleep can improve your mood and overall well-being.

- **Increased productivity:** When you get a good night's sleep, you are more likely to be productive during the day.

## How to Use Sleep With Me

Sleep With Me is easy to use. Simply download the podcast to your phone or computer. You can then listen to the podcast while you are trying to fall asleep. You can also use Sleep With Me to help you stay asleep if you wake up in the middle of the night.

There are a few things to keep in mind when using Sleep With Me:

- **Use headphones:** If you are listening to Sleep With Me in a public place, be sure to use headphones. This will help to block out any noise that could wake you up.
- **Set a timer:** If you are worried about falling asleep while listening to Sleep With Me, you can set a timer. This will turn off the podcast after a certain amount of time.
- **Be patient:** It may take some time to get used to listening to Sleep With Me. Be patient and keep listening. Eventually, you will find that it helps you to fall asleep faster and stay asleep longer.

Sleep With Me is a unique podcast that has helped many people fall asleep. If you have trouble sleeping, you may want to give it a try. It is free to download and use, and it could change your life.

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