10 Hours of Black Noise to Bring you Peace
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Not being able to fall asleep sucks. For several months I was dealing with this on a nightly basis. I'd go to school every morning on either a few hours of sleep or none. My grades were rapidly falling, my social life was nonexistent. Life was like walking through a thick fog. Half the time I wasn't sure where I was, or what the hell was going on.

I tried everything I could think of. 5 milligrams of melatonin turned to 10, 10 turned to 20. I started going for a short run an hour before bed, even when my legs felt like they were moving in a dream. I tried not using electronics past 7:00, I didn't eat past 8:00. No luck.

No matter how groggy, confused, and tired I felt, when I laid down at night sleep eluded me like a song I couldn't quite remember.

When I was able to fall asleep, the nightmares would wake me up and leave me shaking well through the rest of the night.

My dad had taken to drinking to numb the pain, so he wasn't any help. It felt like he was passed out more often than not. I couldn't blame him. I probably would've done the same thing if I had access to alcohol. He would've killed me if I tried to take any of his.

One Wednesday around 1:00 AM, when I was closing in on 48 hours of no sleep, I was scrolling through Twitter when one of those promoted tweets caught my eye:

Are you having trouble falling asleep at night? Look no further, YourSleepingFriend is here to help!

Jeez, I thought. *Google really is spying on me.* But there was a video attached, and my curiosity was piqued, so I plugged in my headphones and hit play.

The video showed an empty beach. In the background, calm blue waves ran up the shore. There were several moments of silence, and then a man began to speak in a low, slow whisper. At each word, the sound switched from my right ear to my left, and the syllables reverberated over each other.

"I'm YourSleepingFriend and I'm here to help you get to sleep. On my channel, you'll find all kinds of videos dedicated