



# BROOKLYN\_BORN

 [Change Banner Image](#)

**154,981**  
SparkPoints



-  Info
-  Photos
-  Feed
-  **Blogs**
-  Awards
- More 

## Finally something useful about infomercials and commercials in general

Saturday, March 30, 2013

DH & I usually just record our favorite TV shows. We discovered that when watching "live" we tend to fall asleep and never see the conclusion. This is especially true during the last 15 minutes of a show where the ads are bunched together . It's really annoying in a drama like "Elementary" where we want to know "who done it!"

Partly it's our advanced age and our habit of getting up before 6 am, but the endless, repetitive and boring commercials just cause us to nod off, especially after 9 pm.

Fortunately, I usually sleep quite soundly, but when I do wake up in the middle of the night and can't get back to sleep, I've discovered a solution. I turn on a recorded program and get the same result – those commercials just put me to sleep. Better yet is an easy to find infomercial – over and over – see how great this is, one testimonial after another, call now, buy it, buy it. Next thing I know, it's morning. Of course, the TV is still on, but I'll sacrifice some wasted electricity for a full night's sleep.

I've read reports that sleeping with the TV or lights on lowers the quality of your sleep. However, when the choice is that or being wide awake, I'll take what I can get.

Thanks to LilyDog11 whose recent blog about her creative use of middle of the night time suggested my topic this morning.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

## Member Comments About This Blog Post



**DR1939**

We record any shows we want to see. For one thing you can skip the commercials, but, like you, we often fall asleep and miss the end. Do you watch Call the Midwife? The 2nd season begins on Sunday on PBS.

2997 days ago



**EGRAMMY**

Interesting. Thought I was the only one who misses the last part of the shows. Thanks.

2997 days ago





**MISCHAKEO**

I am glad you found something that puts you to sleep. I have poor sleep nights also and take a melatonin. We record for the same reason..hate those ads. We love Elementary.



Happy Easter.  
2998 days ago



**SOPHIEDO13**

Thanks Brooklynn Born for the mention. Both me and DH are early risers too. I used to be a sucker for those infomercials but most are a waste of money. So now when I see them I just laugh



at how "dumb" I'd been !!  
2998 days ago



**SUZYMOBILE**

How funny! However, I nod off even when watching a commercial-free Netflix TV show!



2998 days ago



**HELEN\_BRU**

I never used to be this way but now all I have to do is lie down in front of the TV (when it's on, of course!) and I'll fall asleep. But get me in bed after a conversation on the phone with a friend, and I'll be up for hours!!! lol



And I agree, those catnaps in front of the TV count !  
2998 days ago



**WILSONWR**

Now that's an innovative approach to better sleeping!



2998 days ago



**NELLJONES**

I record any show I want to watch so I can fast forward through all the ads. The only things I will watch in real time are sports. That said, DH falls asleep while the TV is on all the time. I guess, like you, the background sound is comforting.



2998 days ago



**PHEBESS**

LOL - I'm sure the advertisers would be happy to be helping you sleep!



2998 days ago



**COCK-ROBIN**

A wonderful, creative way of getting the sleep you need. If it works for you, go for it! I'm proud of you.



2998 days ago



**CELIAMINER**

Glad it works for you!



2998 days ago

## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.

