

# Forum:[Hack Forums](#)

Thread: [Hard to wake up, sleep talk, long sleep](#)

**Zeke** - January 23, 2015, 10:59 am

Hi. It's very hard to wakeme up in the morning. Alarm my ass, even people like my mum cant wake me up. I sleep for like 10-11 hrs daily and still not feel fresh after waking up. I sit in my sleep, talk alot, sing songs and say weird things which I haven't done or happened. Even if I sleepp in the afternoon I still fel sleepy again at night. I dont see any dreams and its like.my sleep is very deep.pls help

**GU€€I** - January 23, 2015, 11:00 am

You are probably possessed, good luck finding help m8!

**Zeke** - January 24, 2015, 4:55 am

Anyone? I really need some help with this, would appreciate it

**Jwan** - January 24, 2015, 5:05 am

Hey, this doesn't sound normal at all. What do you do in your regular day? Maybe you tire out your body too much or something. I recommend you to get some help buddy.

**Zeke** - January 24, 2015, 6:13 am

No, I'm pretty much always on computer. I'm very lazy and don't do any excersizing at all as well. I think I'll just have to get checked up by doctor. But it would be great if someone could help me here a little bit too.

**Jwan** - January 24, 2015, 8:51 am

(Jan 24, 2015 07:13 AM)psyemax Wrote: [\[CITE\]](#) No, I'm pretty much always on computer. I'm very lazy and don't do any excersizing at all as well. I think I'll just have to get checked up by doctor. But it would be great if someone could help me here a little bit too.

How's your sleep rythm? On what time do you sleep?

**Zeke** - January 24, 2015, 11:54 pm

Rythm? I don't get you mean. I sleep at 00:00 (12 am) and wake up at 8:45 (am)

**Narcan** - January 25, 2015, 4:52 am

Sounds like you're depressed an inactive. I'm not saying you are depressed and inactive, but when I was mildly depressed and would never go out, I was tired all the time.

**Deany** - January 25, 2015, 4:55 am

Are you on any medication at all? Prescribed? That could also alter your sleep pattern.

**Zeke** - January 25, 2015, 5:00 am

Nope, no medication at all. I do happen to overeat all the time though.

**Rooter** - January 25, 2015, 8:30 am

(Jan 24, 2015 07:13 AM)psyemax Wrote: [\[CITE\]](#) No, I'm pretty much always on computer. I'm very lazy and don't do any excersizing at all as well. I think I'll just have to get checked up by doctor. But it would be great if someone could help me here a little bit too.

OP, you are most likely tired all day mainly due to the fact that you are only on the computer for

most of your day. You should start exercising and maybe you should eat more. You never know what exercising can do to you!

**ibrahimwwe9** - January 25, 2015, 8:33 am

You could make money of your sleep singing, simply: record your self sleeping/singing, write down lyrics, send to music publisher. +Profit

**Swagip** - January 25, 2015, 8:36 am

It's important that you don't sleep too long either, try going to bed later some night and see if you're still really tired.

**Zeke** - January 25, 2015, 10:46 pm

Thanks guys, I'll try what you all have suggested and keep you updated.

@Ibrahimwwe9 - Thanks a lot man, that'd be awesome.