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Thread: [Night time AWAKE -> day time sleep -> night time awake | no friends](#)

RelationShit - October 10, 2015, 5:27 pm

Who else?

I end up having to stay awake for days just so I can talk with my friends.

I don't do sleeping at normal hours sorry..

It's only 2am, the day has just began for me

It's an issue though. Just can't fix it. I love sleeping and hate going to sleep at the same time.

Edit: I just woke up. Slept for 16 hours.

ImPerfectPersona - October 10, 2015, 6:04 pm

Atm we sleep during the day as well, but that's the sign of depression and such for us. We are making up for the lack of sunlight though by sleeping naked with the blinds open. Makes a world of difference.

RelationShit - October 10, 2015, 6:14 pm

(Oct 10, 2015 06:04 PM)PerfectPersona Wrote: [\[CITE\]](#) Atm we sleep during the day as well, but that's the sign of depression and such for us. We are making up for the lack of sunlight though by sleeping naked with the blinds open. Makes a world of difference.

Belgium has almost no sun 90% fucking here has too low vitamin D levels

So I'm not sure if that will help haha:(

And I feel like that fucks your brain up like make it think light = should sleep

O wait

I'm the same oops.

Think we can't just change that darkness makes us tired though so we're safe. (melatonin?)

Sicklo - October 10, 2015, 7:13 pm

I don't know. But i'm awake right now and its early. And I am slightly depressed.

ImPerfectPersona - October 10, 2015, 7:27 pm

(Oct 10, 2015 06:14 PM)RelationShit Wrote: [\[CITE\]](#) Belgium has almost no sun 90% fucking here has too low vitamin D levels

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idk if one were to stay up late enough could force it back to more normal probably, supplements do wonders for deficiencies. On a prescription strength one atm.

aKa NightmarE - October 10, 2015, 7:28 pm

I can so relate to all your problems OP
The hate/love for sleep

Satoshimines - October 10, 2015, 7:28 pm

I sleep at 3-5am every night these days.
Don't like to sleep

Night Fury - October 10, 2015, 8:04 pm

Okay, the traditional plan for getting back on track isn't going to work for you. However, you're pretty close to being on a normal schedule.

Try this: stay up later every day. Play video games or whatever, and go to bed later. You'll notice that the time you wake up goes from 2:00am, to 2:30, to 4:00, then 5:00 and 6:00, etc.

Have tried it in the past, and it's a pretty painless way to get back on track. Good luck to you.

Lizard. - October 10, 2015, 8:10 pm

My summer, spring, fall, and every break I have's schedule:

1st Day:

- 6:00 am wake up
- 6:00 am fall asleep

Rest of the days:

- 3:00 pm wake up
- 6:00 am fall asleep

Overmind - October 10, 2015, 8:36 pm

This can be caused by two issues. One is depression which people have mentioned before, and you noted there isn't much sunlight in Belgium. I'd recommend buying a Vitamin D supplement and taking it for a week or two to see if you still can't sleep properly.

Failing that, the second most likely issue is an unnatural circadian rhythm. I can't post any links because of my prestige, but look up polyphasic sleeping. You basically take shorter intervals of sleep throughout the day. Biphasic and everyman are the easiest to pull off for most schedules. My girlfriend has the same issue and it fixed it for her.

ZuGgY - October 10, 2015, 8:42 pm

No thanks, I don't want to fuck up my sleep schedule.

RelationShit - October 11, 2015, 9:27 am

Guys I've read all of your comments but wtf I just had 16 hours of sleep it's 6pm now

Brendan - October 11, 2015, 9:34 am

(Oct 11, 2015 09:27 AM)RelationShit Wrote: [\[CITE\]](#) Guys I've read all of your comments but wtf I just had 16 hours of sleep it's 6pm now
Sounds like me during the summer.

Kinda fucks things up when I return to school though.

RelationShit - October 11, 2015, 9:59 am

(Oct 11, 2015 09:34 AM)Proctor Wrote: [\[CITE\]](#) Sounds like me during the summer.

Kinda fucks things up when I return to school though.

Guess I'll have to work night shifts. Start at 10pm for example. (just after I wake up or something)

That would make things great ?

Well not the part where I never get to talk with a friend but okay haha

(right after work I'll probably sleep so yeah)