

Forum:[Hack Forums](#)

Thread: [Sleep sleep sleep!](#)

Delysid - November 6, 2015, 2:05 pm

How do you guys manage sleep?

I'm happy enough that I'm able to go to sleep anytime and wake up anytime and it doesn't affect my professional and personal life, so I've been going to sleep like 10-15 minutes later every night until I reached a point of going to bed at like 4 AM and not be able to fall asleep until like 6-7, then wake up at around 3-4 PM. It's ridiculous. Sometimes I wouldn't even see the day at all.

I've tried so hard and got so far, but in the end it doesn't even matter, I always end up going back to sleeping trough the day. Since trying to not sleep trough 24 hours doesn't really work of me and leaves me in a mental mess for like a week or two and I end up going back to the same thing, I'm now trying to start waking up at 2 PM every day until I get used to it, then go by 30 minutes every few days. Did this today for the first time and like 7 hours have passed since waking up and I feel sleepy as fuck, like I can barely keep my eyes open, and my concentration is equal to shit..

How do you guys manage sleep, how much do you sleep, how do you maintain sleeping hygiene and how tf should I get myself in order?

BreadMaker - November 6, 2015, 2:11 pm

i can tell you what too doo ive fixed my sleeping patern multiple times,
dont sleep stay up all day and sleep at 9 pm
then get up early and stay up all day
i promise it works

Delysid - November 6, 2015, 2:15 pm

(Nov 6, 2015 03:11 PM)ReeceC Wrote: [\[CITE\]](#) i can tell you what too doo ive fixed my sleeping patern multiple times,

dont sleep stay up all day and sleep at 9 pm
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i promise it worksI've said in the OP it doesn't really work for me.. I feel like shit whole day, and for the next week I basically can't even function. I've tried it so many times man it does more harm than good.

My immunity goes down, I get bags under my eyes, I look like vampire on the sun..

Wrightie113 - November 6, 2015, 2:17 pm

Try being like extra chilled before bed, such as having a hot shower, no computer, maybe read a book listen to music and have a no caffine hot drink, think about what you would do with a billion dollars while you get to sleep works like a dream, punny haha

Delysid - November 6, 2015, 2:29 pm

(Nov 6, 2015 03:17 PM)Wrightie113 Wrote: [\[CITE\]](#) Try being like extra chilled before bed, such as having a hot shower, no computer, maybe read a book listen to music and have a no caffine hot drink, think about what you would do with a billion dollars while you get to sleep works like a dream, punny hahaYep, tried that. I end up rolling in bed for hours. It's stressful haha.

Niko - November 6, 2015, 2:30 pm

It started as me going to bed at 12, waking up at 8, then sleeping 1-9 then 2-10 then 3-11 then 4-12... I don't even know how that happened, but it did...

Cas. - November 6, 2015, 3:10 pm

(Nov 6, 2015 03:05 PM)Delysid Wrote: [\[CITE\]](#) I've tried so hard and got so far, but in the end it doesn't even matter
did you just

Anyway, I have to take Ambien to get any sleep but there are sleep hygiene classes you can take. You could also try soft music or aromatherapy. Also stay away from screens for a while before trying to sleep and drink something warm. Cranking your AC up also helps for some reason.

Jester Race - November 6, 2015, 3:12 pm

I wake up at ~7am every time, whether i go sleep at 8pm or 4 am after heavy night of drinking.

Delysid - November 6, 2015, 3:12 pm

(Nov 6, 2015 03:30 PM)LegitBytes Wrote: [\[CITE\]](#) It started as me going to bed at 12, waking up at 8, then sleeping 1-9 then 2-10 then 3-11 then 4-12... I don't even know how that happened, but it did... It's procrastination and bad self-discipline that happened most likely lol.

(Nov 6, 2015 04:10 PM)Cas. Wrote: [\[CITE\]](#) did you just

Anyway, I have to take Ambien to get any sleep but there are sleep hygiene classes you can take. You could also try soft music or aromatherapy. Also stay away from screens for a while before trying to sleep and drink something warm. Cranking your AC up also helps for some reason. I did haha.

Sometimes I pop benzos so I can sleep, or if I smoke weed it helps me sleep as well. But I'm trying to not get addicted to benzos lol.

Nygma - November 6, 2015, 3:14 pm

Sort your diet out, drink more water and do some exercise every week and try to go to sleep at a reasonable time.

?ystem - November 6, 2015, 3:15 pm

I understand the difficulty you're facing, OP.

I've always had issues with my sleep schedule. When I was in school I'd be up either to 3:30am and have to wake up three hours later. Everyday, and on the weekends I wouldn't sleep at all from Friday through Saturday. Not a wink, nudge or anything.

It became a problem for work and play, but then I began taking melatonin supplements which helps me go to bed at a regular time. I suggest you look into it.

"Oh, I have to go to bed in half an hour! *Pops a 5mg tablet*", then whamo! Half hour later I'm groggy and ready for a blissful slumber.

Delysid - November 6, 2015, 4:26 pm

(Nov 6, 2015 04:15 PM)?ystem Wrote: [\[CITE\]](#) I understand the difficulty you're facing, OP.

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"Oh, I have to go to bed in half an hour! *Pops a 5mg tablet*", then whamo! Half hour later I'm groggy and ready for a blissful slumber. Oh yeah know about melanin! And I know that for now there's nothing wrong with prolonged use of melanin, but still a lot of researches to be done. That's

why I'm staying off it, for now.