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Thread: [What is the deal w/ taking breaks, then stuff just works?](#)

datguy.dev - August 19, 2017, 3:42 pm

Greetings,

Today I was working on an Arduino web server project. Implementing dynamic DNS to update the public IP. Having never used Arduino for HTTP, I knew it was going to be a challenge. And of course - it turned out to be a huge pain in the ass.

I was smashing my face against the keyboard for hours feeling like I was just about to find the solution I needed. At one point, I ready to ditch the project or switch to an ARM/Linux board. Shortly after I went and ate dinner. After coming back, I almost immediately detected the problem(s) and then received what I expected.

This isn't the first, second, or 20th time this has occurred for me. It makes me question my mindset after coding for awhile. I'm must get tunnel vision or extremely confused after awhile without noticing it. Now it makes me think about other aspects of life, such as when driving, which is kind of concerning. Does anyone else who codes get this?

awdasdqwert - August 19, 2017, 4:04 pm

Totally,

This happens a lot to me. If I take a good nap after hours of grinding my head over a piece of code I become more productive and end up finding fixing the code afterwards. At one time I actually came up with a solution while sleeping once, it wasn't a real dream, it was like a rush of thought that came to me when I woke up a the middle of the night. Super weird.

It's just how our brain works. Specially when it comes to insufficient sleep. Perception, Judgment, efficiency and productivity get very affected which can lead to errors, not just in programming but in every other activity.