

Forum:[Hack Forums](#)

Thread: [3 hours of sleep total in ~48 hours rn](#)

Sheeple - December 5, 2017, 4:16 am

Well it's 6 A.M and I've been awake for literally ever. Makes days feel so long. Feel good as fuck though, literally fucking wired.

Bored tho I ain't got shit to do rn. Anyone else up late?

ZerFallen - December 5, 2017, 4:26 am

I have chronic insomnia and I was up for three days last week because of it. It's strange, really. At first you feel like shit for a while and then you start to ride the fading wave of lucidity. It can be a great experience or a bad one, depending on how you deal with it. I'm going to be up all day today and I've been up since 12AM.

Sheeple - December 5, 2017, 4:38 am

(Dec 5, 2017 05:26 AM)Intelligent Sin Wrote: [\[CITE\]](#) I have chronic insomnia and I was up for three days last week because of it. It's strange, really. At first you feel like shit for a while and then you start to ride the fading wave of lucidity. It can be a great experience or a bad one, depending on how you deal with it. I'm going to be up all day today and I've been up since 12AM.

Damn than fucking blows man </3. It prolly sucks not being able to sleep easily, no offense or anything :p.

I'm pretty sure I'm almost mildly hallucinating. I was in the shower and one screw just like flashed at my eyes and got really dark and like morphed kinda. But yeah I made a cup of coffee to keep me going a bit.

Killy - December 5, 2017, 7:23 am

bored? get some sleep mate
it will past time haha

Mr. Dave - December 5, 2017, 7:37 am

During my college finals, I slept 2 hours in total over 5 days. So what. Aced everything.

Hustla - December 5, 2017, 9:03 am

Unhealthy to be doing that man. I suggest you get some quality sleep as soon as possible.

popir - December 5, 2017, 9:04 am

some studies proof 3h sleep is healthier then 8

Inmodwetrust - December 5, 2017, 9:08 am

(Dec 5, 2017 10:04 AM)popir Wrote: [\[CITE\]](#) some studies proof 3h sleep is healthier then 8That's retarded

Sauce pls

popir - December 5, 2017, 9:13 am

(Dec 5, 2017 10:08 AM)Inmodwetrust Wrote: [\[CITE\]](#) That's retarded

Sauce pls

We need at least 7-8 hours of sleep to be fit! At least until now, that was the long-running opinion. But that's not true! Because the young doctoral student Akshat Rathi from the University of Oxford published a study in early July 2015 and cleaned up with this myth. With his work, he has proven

that humans need only 4.5 hours sleep.

sry my mistake it was 4.5

Aeviternal - December 5, 2017, 9:46 am

(Dec 5, 2017 05:16 AM)Sheeple Wrote: [\[CITE\]](#) Well it's 6 A.M and I've been awake for literally ever. Makes days feel so long. Feel good as fuck though, literally fucking wired.

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I've got exams at the moment, gonna pull a bunch of all nighters. I did have this time though where I used to wake up at 4.30 am everyday, this went on for like two weeks, which was pretty weird considering I never used to wake up before like 10/11 am. I used to sleep at like 2.30am or even 3am and used to wake up sharp at 4.30 during that time, regardless of how tired I was. It was weird as hell and a pain since I couldn't sleep properly, I started worrying that I'd gotten insomnia or something.

Cammy - December 5, 2017, 11:20 am

I feel you, been there done that. Usually sleep from 2am to 6am though

Can go on for about 3 days without sleep, longer when using speed

/wrists - December 5, 2017, 11:22 am

I prefer to sleep for 12 hours when possible.

oRequiem - December 5, 2017, 1:44 pm

I was doing something like that, I was getting like 3 hours of sleep for 3 days straight so I just grinded cod ww2 lol. Nothing else to do.

TheWolf™ - December 5, 2017, 1:56 pm

Damn, I thought I was struggling with 2 hours in 24 hours.

I KO'd in an instance.

Cheers, ?