

Forum:[Hack Forums](#)

Thread: [Do you take naps?](#)

Mix - July 6, 2019, 7:29 pm

So I am about to have a nap because ive been up for a while and have work soon so I need to sleep but have no time so ill have a short nap and go from there but I wanted to know do you nap on purpose or just because you are to tired all the time, or if you cant nap for some people.

Android 17 - July 6, 2019, 7:30 pm

The only time I usually nap is because I'm exhausted from work and didn't really sleep the night before.

Chosen 1 - July 6, 2019, 7:31 pm

I get home from work around 3:30 and ill be so exhausted i'll lay in bed and take a nap until like 6-7 almost everyday. They are usually accidents I just fall asleep without even trying to.

Mix - July 6, 2019, 7:33 pm

(Jul 6, 2019 07:30 PM)CaptainSpaulding Wrote: [\[CITE\]](#) The only time I usually nap is because I'm exhausted from work and didn't really sleep the night before.

I know that feeling its hard some nights

(Jul 6, 2019 07:31 PM)Hellboy~?? Wrote: [\[CITE\]](#) I get home from work around 3:30 and ill be so exhausted i'll lay in bed and take a nap until like 6-7 almost everyday. They are usually accidents I just fall asleep without even trying to.

You feel so much better after it tho I bet

Ivex - July 6, 2019, 7:34 pm

During uni terms, I attend lectures then nap till dinner time at around 6-7pm.

Mix - July 6, 2019, 7:35 pm

(Jul 6, 2019 07:34 PM)Ivex Wrote: [\[CITE\]](#) During uni terms, I attend lectures then nap till dinner time at around 6-7pm.

late dinner time isnt it ?

Ivex - July 6, 2019, 7:37 pm

(Jul 6, 2019 07:35 PM)Mix Wrote: [\[CITE\]](#) late dinner time isnt it ?Haha just a bit - but I never sleep before 3am so it's not that late to me!

Spaark - July 6, 2019, 7:39 pm

When I was in year 11-12 I napped everyday after school.

Legit the only reason I found success through schooling tbh.

Android 17 - July 6, 2019, 8:19 pm

(Jul 6, 2019 07:33 PM)Mix Wrote: [\[CITE\]](#) I know that feeling its hard some nights
I have major insomnia. I feel like I'm on autopilot sometimes. ?

SannaKamui - July 7, 2019, 12:01 am

(Jul 6, 2019 07:29 PM)Mix Wrote: [\[CITE\]](#) So I am about to have a nap because ive been up for a while and have work soon so I need to sleep but have no time so ill have a short nap and go from

there but I wanted to know do you nap on purpose or just because you are too tired all the time, or if you can't nap for some people.

i sleep during the day and stay up at night so i sleep a lot

Blogger - July 7, 2019, 12:14 am

I don't take naps, even if I stayed up all night. I just can't sleep in the day. I feel like I'm wasting my life away when I do that.

Spaark - July 7, 2019, 12:28 am

(Jul 7, 2019 12:14 AM)Blogger Wrote: [\[CITE\]](#) I don't take naps, even if I stayed up all night. I just can't sleep in the day. I feel like I'm wasting my life away when I do that.

Basically. Made me feel lazy as fuck. Pretty sure it's the norm in China that people sleep during their lunch break.

Hitler - July 7, 2019, 12:38 am

I take naps every now and then on my days off to pass the time if I'm bored.

Mix - July 7, 2019, 7:47 am

(Jul 7, 2019 12:01 AM)SannaKamui Wrote: [\[CITE\]](#) i sleep during the day and stay up at night so i sleep a lot

so you are nocturnal

Psychedelic. - July 7, 2019, 2:36 pm

Nope. I see it as a real waste of time to sleep during the day.

cbkaz010 - July 7, 2019, 3:29 pm

i take a nap for an hour or two to get my energy back

asmosc - July 7, 2019, 3:31 pm

I prefer naps during the winter, as in the summer if I'm caught up in a game and need a break I may catch myself nodding in not nodding out

† S A V A G E † - July 27, 2019, 3:18 pm

I don't take naps unless I'm very tired, but almost never did it ?

gore - July 27, 2019, 5:34 pm

Tired all the time so if I have the chance to nap, absolutely.

DNA - July 27, 2019, 6:19 pm

I'd say no because every time I take a nap, I sleep for 8 hours aha

debian - July 27, 2019, 6:46 pm

I always take naps of either 1.5 hours, 3 hours, or 4.5 hours because the sleep cycle is 90 minutes. Definitely notice a difference

oRequiem - July 27, 2019, 7:06 pm

Since I'm sick, I've been taking an overwhelming amount of naps.

Usually for an hour a day when I'm not sick since my body is too used to it.

BarryJones - July 27, 2019, 7:15 pm

I never nap. When I do, my sleep pattern always gets all messed up.

Thrift - July 27, 2019, 7:16 pm

(Jul 6, 2019 07:34 PM)Ivex Wrote: [\[CITE\]](#) During uni terms, I attend lectures then nap till dinner time at around 6-7pm.

I wasn't invited, damn it really be like that sometimes.

ririki - July 27, 2019, 7:26 pm

I take 10-15 minutes kip and I'm like I was sleeping the whole night for the next hour or two.

Problem is sometimes I'm not able to fall a sleep that fast especially with the idea of "I need to fall a sleep quick".

20 Minutes is already way to long for me as I usually get into deep-sleep and wake up groggy and most of the time can't even get out of my bed.

Venusaur - July 27, 2019, 8:00 pm

I take a couple hours in the afternoon sometimes if I feel worn out

debian - July 27, 2019, 8:04 pm

When I get weed after not having weed for a long time I end up just smoking a ton and then wanting to sleeeep and sleep.

Otherwise it's difficult for me to nap

Derpina - July 27, 2019, 8:24 pm

always! a good rest is important sleep when your tired not when you have time for it