

Forum:[Hack Forums](#)

Thread: [How many of you are Night Owls?](#)

DNA - August 11, 2019, 5:34 am

As the title suggests, night owl or not?
Or a bit of both?

In?sane? - August 11, 2019, 5:36 am

Defo a night owl, generally feel better sleeping like a normal human tho.

Deal - August 11, 2019, 5:59 am

Not at all a night owl. Even during my vacations I go to sleep at 11PM no later. I wake up early though.

debian - August 11, 2019, 6:03 am

Really depends on what I gotta do during the day.

I do love to stay up all night though

Lyrlei - August 11, 2019, 6:07 am

Not a night owl and i'm a deep sleeper.

123 - August 11, 2019, 6:10 am

I slept around 1-2 am daily and wake up at 7 am. I think I'm bit of a both but chose as a "Night Owl".

Elweth - August 11, 2019, 6:37 am

I am, 3am is a norm for myself.

My Computer - August 11, 2019, 6:39 am

I'm a night owl. I was was awake all night and it's currently 9:38 AM where I live.

One - August 11, 2019, 6:39 am

(Aug 11, 2019 05:34 AM)Jelly Wrote: [\[CITE\]](#) As the title suggests, night owl or not?
Or a bit of both?
Am a night Owl only sleep 4 hours a day

de_g3ntl3m4n - August 11, 2019, 6:43 am

yeah feeel like it all depends, most nights cant sleep, some night can, in the end trying to fix the sleep schedule till i got something to do either at night or if can wait till morning hahaha

Android 17 - August 11, 2019, 6:52 am

For me it's not really being a night owl. I just have insomnia. Sometimes I'm just not good at going to bed ?

duplex - August 11, 2019, 6:53 am

I'm definitely a night owl, just come alive at night

ririki - August 11, 2019, 8:16 am

I'm bit of a both because I travel a lot my sleeping is complete mess.

There are times I go sleep at around 1am but also times at 5am or even 11am or even 5pm.
Jet lag and everything is a bitch.

duplex - August 11, 2019, 8:20 am

(Aug 11, 2019 08:16 AM)ririki Wrote: [\[CITE\]](#) I'm bit of a both because I travel a lot my sleeping is complete mess.

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Jet lag and everything is a bitch.
I kinda like jet lag

ririki - August 11, 2019, 8:23 am

(Aug 11, 2019 08:20 AM)duplex Wrote: [\[CITE\]](#) I kinda like jet lag

It's fine but when I go from different timezones to different timezones, you are then completely out of energy even if you had decent sleep.

Edit: there was a time I thought I'm going to pass out tbh, the timezone changed by a lot like 5 times in a week and even I slept great during that night I woke up totally broke like I didn't slept 3 days and I couldn't function for the next hour or two. I had to fight it, do some exercising to wake myself up.

duplex - August 11, 2019, 8:29 am

(Aug 11, 2019 08:23 AM)ririki Wrote: [\[CITE\]](#) It's fine but when I go from different timezones to different timezones, you are then completely out of energy even if you had decent sleep.

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I tend to just take a sleeping tablet when I travel