

Forum:[Hack Forums](#)

Thread: [Who stays up all night every night](#)

Demoralise - June 7, 2020, 4:17 am

I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

Aklimczak522 - June 7, 2020, 4:18 am

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

Not every night, but very often I do.

Yanix - June 7, 2020, 4:19 am

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

Few years back I managed to stay up all night but when I get married and have my own family I never did that specially when my kids get along with us :)

ConfusedPikachu - June 7, 2020, 4:23 am

I do now ever since I'm taking intermediate Python classes

Br?dley - June 7, 2020, 4:24 am

Not going to lie I haven't been working since the virus hit, seen many jobs lost so I resigned in early March. Since then I have been off work, so my sleeping pattern is well off and been sleeping during the day which results in staying up all night.

Bad habit to break, can you give any tips to fix this?

Demoralise - June 7, 2020, 4:24 am

(Jun 7, 2020 04:23 AM)ConfusedPikachu Wrote: [\[CITE\]](#) I do now ever since I'm taking intermediate Python classesLol yeah... it seems to be most common amongst those studying computer subjects. And it only gets worse the further you get into your studies :(

If you think intermediate Python is bad you would hate networking and infosec. That shit is complicated af and requires a lot of reading and revision

Artisan - June 7, 2020, 4:26 am

Ive been nocturnal for about a decade. Already know about the health implicaitons like disruption of the circadian rythm but at this point I think I might actually get sick if I changed my schedule.

MarvinMalware - June 7, 2020, 4:52 am

I commonly either don't sleep or sleep very little, I average about 3-4 hours of sleep a night.

Aklimczak522 - June 7, 2020, 5:02 am

(Jun 7, 2020 04:52 AM)Shoto Todoroki Wrote: [\[CITE\]](#) I commonly either don't sleep or sleep very little, I average about 3-4 hours of sleep a night.

Wow, you are like Donald Trump, he also sleeps 4hrs afaik

Demoralise - June 7, 2020, 5:03 am

(Jun 7, 2020 05:02 AM)Aklimczak522 Wrote: [\[CITE\]](#) Wow, you are like Donald Trump, he also sleeps

4hrs afaik Except Shoto has a higher IQ. Nearly everybody has a higher IQ than Donald Trump

Bacardi Cola Lime - June 7, 2020, 5:40 am

I sleep at anywhere between 4am to 7 am. Depends on the day and the amount of work I have to deal with.

MarvinMalware - June 7, 2020, 5:44 am

(Jun 7, 2020 05:02 AM)Aklimczak522 Wrote: [\[CITE\]](#) Wow, you are like Donald Trump, he also sleeps 4hrs afaik

Interesting fact, I should probably get more sleep lmao but I personally think there's so much to do and learn I'd rather be awake to experience it.

Ivex - June 7, 2020, 5:49 am

I used to stay up all night. I sorted it out a few months ago but since lockdown I have lost routine so I'm somewhere inbetween now.

Demoralise - June 7, 2020, 5:50 am

(Jun 7, 2020 05:44 AM)Shoto Todoroki Wrote: [\[CITE\]](#) Interesting fact, I should probably get more sleep lmao but I personally think there's so much to do and learn I'd rather be awake to experience it. Yeah I agree. You don't want to turn into Donald Trump. Nobody wants that

MarvinMalware - June 7, 2020, 6:10 am

(Jun 7, 2020 05:50 AM)Demoralise Wrote: [\[CITE\]](#) Yeah I agree. You don't want to turn into Donald Trump. Nobody wants that
I'll take the money but he can keep everything else.

Megatron - June 7, 2020, 6:53 am

I've only pulled an all-nighter once, and that was at work. I mainly go to sleep around 10:30, though.

shakur123 - June 7, 2020, 7:07 am

Well i cant do it every night now because of work but a couple of years ago i will do it just by playing videogames

Disease - June 7, 2020, 7:27 am

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

I haven't pulled an all-nighter in a long time now. When I was a teenager it was a nightly occurrence. My sleep schedule was basically flipped to most people. These days I'm pretty good about getting to bed before midnight. I'll occasionally be up to 1/2am, and then regret it the following morning as I'll still (inevitably) be awake by 7am.

Vibe - June 7, 2020, 11:43 am

I normally stay on my phone messing around for 2-3 hours after my girl has fallen asleep

Gliese - June 7, 2020, 4:55 pm

I have no choice, I'm an insomniac.

Lor?d - June 7, 2020, 4:56 pm

Me, mainly cause I work night shift but also cause that's what I've just been used to for a while now.

Silkroad - June 7, 2020, 5:42 pm

Back in my coding days I used to stay up all night, every night coding and working on my servers.

Scottyj01 - June 7, 2020, 5:44 pm

Been doing it basically all my life.

Rally the Bulls - June 7, 2020, 7:11 pm

Not as much anymore. I still stay up quite late and average 5 hours of sleep, but I used to go without sleep for at least 24 hours at a time, sometimes ranging higher from 30-60 hours.

Nate - June 8, 2020, 11:27 am

I never liked to stay up all night, and if I did i would always sleep during the day. But i do have long nights I don't leave my house to kick it with friends until like 9-10pm, and dont end up going ot sleep til like 5 or 6

Exalted - June 8, 2020, 12:42 pm

I do, all to often. Really fucks up my schedule.

Toosii - June 8, 2020, 12:43 pm

I used to do it a lot, chilled out abit been having early nights recently

DeITex - June 8, 2020, 12:59 pm

I used to have the most screwed sleep schedule for like 2-3 years. Didn't get it under control until just about a few months ago. Before it wasn't like "staying up every night". It was more like "awake for 30 hours, sleep for 10 hours, awake for 20, sleep for 8, awake for 32 hours, sleep for 11, etc...". No pattern, just awake when I was/could be and slept when I couldn't be. I'm now trying to find some consistency in life though, so I've moved on from that.

shakur123 - June 8, 2020, 2:55 pm

(Jun 8, 2020 12:59 PM)DeITex Wrote: [CITE](#) I used to have the most screwed sleep schedule for like 2-3 years. Didn't get it under control until just about a few months ago. Before it wasn't like "staying up every night". It was more like "awake for 30 hours, sleep for 10 hours, awake for 20, sleep for 8, awake for 32 hours, sleep for 11, etc...". No pattern, just awake when I was/could be and slept when I couldn't be. I'm now trying to find some consistency in life though, so I've moved on from that.

I have the hardest time to patterned my sleeping schedule when i was young and start working, but after that my body just adjust to it. Just keep it consistent and i dont give up boss

Zyptic - June 8, 2020, 3:02 pm

Pretty sure 99% of members on here stay up late lol.

If not, then you're not normal.

Kiki22 - December 7, 2022, 10:46 am

Very often but that stuff is not healty

Larry_ - December 7, 2022, 2:14 pm

Not every night, but very often I do. same

goonsleek - December 7, 2022, 2:18 pm

I stay up daily to 4-5am whats the time u guys go to bed?

???? - December 7, 2022, 4:50 pm

I try to switch it up all over the place not to get in a rut.

Nostre - December 7, 2022, 4:57 pm

As long as I can get 4-6hrs of sleep, I'll be fine. At this point in my life, I normally sleep 2-4am and awake by 8am.

interbellum - December 7, 2022, 5:23 pm

Nah, I'm still awake mostly between 02:30 and 04:00.

alphas - December 7, 2022, 5:31 pm

me. I can't sleep, and I often feel like i should be getting work done

X-LIT - December 7, 2022, 6:35 pm

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?i mostly do not stay up late. when i do, either because i lost track on time working or i'm seeing a late night movie. like rn, writing this post @ 2;34 AM smh.. going to hit the hay lads)

SpiritualDose - December 7, 2022, 7:13 pm

Man it's terrible I stay up usually till 2, but the other night was up till 4 and had tried going to bed around 2 lol.

DMGxLucifer - February 18, 2023, 4:12 pm

I used to stay up late at night the older I got I can't anymore

Toffee - February 20, 2023, 8:41 pm

My sleep is so messed up due to working with a lot of US based clients and being located in the UK myself :/

Yanix - February 20, 2023, 8:49 pm

I sleep late at night but I see to it that I got 4-5 hours of sleep daily. It's hard to get awake all night for there are so many things to do for a family man like me.

Komodo - February 21, 2023, 11:37 am

I do, every night.

Night shift rules.

Kirkendall - February 21, 2023, 12:28 pm

I try to switch it up cause its not "healthy" but meh.

eladids1 - February 23, 2023, 7:39 pm

every night lately. it never ends!

Dread.Reaper - February 23, 2023, 7:47 pm

I do...

Insomnia sucks.

DashPHP - February 24, 2023, 2:10 am

I'm usually up at night but not all through the night.

Lyrice - February 24, 2023, 2:14 am

Me. I work night shifts =D

Craig - February 24, 2023, 7:06 am

I used to be up all night until around 5/6am quite often until around 2 years ago, I've been going bed around 2am since and now days when I finish work I'm usually in bed for 9 and asleep for 11 ready to get up again for work at 6 in the morning. :(

Tazz3342 - February 27, 2023, 11:23 pm

Its actually 2:23 rn...

kimbut - February 28, 2023, 3:57 am

(Jun 7, 2020 04:23 AM)ConfusedPikachu Wrote: [\[CITE\]](#) I do now ever since I'm taking intermediate Python classes

Stay up a whole day and don't sleep till the evening or night.

baka~ - February 28, 2023, 4:47 am

Used to stay up most nights as I liked the silence and darkness outside however I can't do that anymore because of work, meh.

Game - February 28, 2023, 5:45 am

I often find myself awake until around 4am, sometimes even 6am, I then take a short nap and end up waking up around 8am-9am to wake up my partner and send her off to work on time.

I do this majority of the week, take small naps during the day if I get the time and space to do so, then I acquire an unknown energy source from my computer monitors and repeat.

On the weekends I sometimes recover a few hours of sleep and wake up around 12pm-1pm on Saturday and Sunday.

I used to work night shifts so it's sort of embroiled into my sleeping pattern still, now it's just sort of merged and now I'm awake for most of the day.

I've been trying to break the cycle recently though as I'll be returning to work soon and I've noticed I often crash during the day and become zombie-like until I get that energy surge in the evening.

Biggy - February 28, 2023, 6:09 am

I tend to stay up pretty late at night due to my job, most of the time overnight. Then I sleep about 5-6 hours and I am back up.

Seaking - February 28, 2023, 6:39 am

I stay up later than most, but not all night. Once I started working towards my career path I had to drop that habit.

Laughing Man - February 28, 2023, 7:39 am

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

I was doing "All Nighters" before you were a sperm.

Tazz3342 - February 28, 2023, 1:11 pm

I was doing night shift at my work and that fucked my sleep schedule! Going to gym around like 10pm helped me alot with that whatever you do your body is tired. You'll fall in sleep much easier

Strang3r - February 28, 2023, 2:56 pm

Its the only bad thing in my life.. I wish I can sleep normal

shidder - March 1, 2023, 2:03 am

Yeah, I'll often pull all nighters. My sleep schedule is so fucked. I used to wake up at like 7 am every day a few years ago, now I've been waking up at like 6 pm recently. I guess having to wake up early for school every morning was actually kind of nice in hindsight

CrypterHQ - March 1, 2023, 3:28 am

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

I have been addicted to caffeine for over 12 years, and I have been up all night, eating bitter cola. It helps me stay awake.

13 AM - March 1, 2023, 5:27 am

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

I used to but not anymore. You need to change your habits as sleep is key.

Lyrlei - March 1, 2023, 6:03 am

I'm starting to stay late up again these days and it's not good, and here I thought I'm now an early riser =/

??????64 - March 1, 2023, 12:46 pm

I stays up all night every night

Pophv - March 1, 2023, 4:53 pm

Try to sleep earlier by 10 minutes everyday

Gary Clark Jr. - March 1, 2023, 5:00 pm

I'd imagine [?nxy](#) stays up all night and never sleeps.

A wise man once said: real hustlers don't sleep, we take a nap

?nxy - March 1, 2023, 5:07 pm

(Mar 1, 2023 06:00 PM)Gary Clark Jr. Wrote: [\[CITE\]](#) I'd imagine [?nxy](#) stays up all night and never sleeps.

A wise man once said: real hustlers don't sleep, we take a nap

I'm with this post 100%

ARWOB_C - March 2, 2023, 4:30 am

I stay up quite a lot, More than I should tbh

SecDev - March 2, 2023, 4:44 am

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

I usually wake up all night when I have a project deadline or exams going on. But I sleep on time mostly.

Venrera667 - April 25, 2023, 7:23 pm

This is a very bad rhythm, it will be felt in the long term

Godlike - April 25, 2023, 7:40 pm

Well, assuming the question is a riddle, I guess the answer would be crackheads and tweakers.

diablospartan - April 25, 2023, 9:49 pm

Well i dont do that sleeping its very important for your mind and body and i suppose you sleep almost all day

Prettykitty - April 25, 2023, 11:26 pm

Began to fall into the routine of staying up late and waking up early... really been feeling the effects recently.

?ystem - April 26, 2023, 2:21 pm

I used to be able to do that and would every Friday or Saturday because I was obsessed with some things that were my interest. The best I can do now is manage sleep-deprivation from not enough sleep time. My partner however, they actively do it on a regular basis, which I'll never understand how they do it with such ease.

padrino - April 26, 2023, 2:58 pm

Wish I could - can't function in work with less than 6 hours. I miss my student days haha

Balludon - April 27, 2023, 11:38 pm

Most of the times but when I do I make sure to get ample sleep

Casp?r - April 28, 2023, 10:35 am

Usually stay up til like 3 am unless I have some obligation that requires me to get up early. Never been a morning person.

DeltaNine - April 28, 2023, 10:38 am

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break. Does anybody else stay up all night every night?

if you literally are not sleeping at all, the problem should sort itself out in like 2 weeks when you pass out. don't let the shadow people touch you.

Arracnar - May 17, 2023, 9:29 am

I used to. But the i got a job that starts really early in the morning so i had to cut it out. I still miss staying up late though. It's so peaceful.

Pootje - May 17, 2023, 11:26 am

I mostly sleep at 1am or so

Baywatch88 - May 19, 2023, 4:21 am

Owls ?

canine - May 19, 2023, 4:37 am

Hell yea i've been a creature of the night since I was a little kid

King Shroom - May 19, 2023, 12:11 pm

Back in the day I would stay up for 4 nights and days with no sleep on here but I am older now more commitments.

Sand Ferret - May 19, 2023, 12:21 pm

(May 19, 2023 12:11 PM)King Shroom Wrote: [\[CITE\]](#) Back in the day I would stay up for 4 nights and days with no sleep on here but I am older now more commitments.

4 days?! You must have gone through a lot of cocaine to manage that lol.

INCREDIBLE - May 19, 2023, 1:59 pm

20 years and counting. I love nights.

coco. - May 20, 2023, 4:04 pm

I'm pretty bad for this, although I'm trying to get back on schedule with going to bed early. Fasting and working out!

Bastille - May 20, 2023, 4:33 pm

Waking up at 5:30 AM for the gym that opens at 6AM, I used to stay awake all night long in the past, I'll never do that again. 200% more productive with this way of life (by waking up early)

Yanix - May 20, 2023, 9:00 pm

(May 19, 2023 12:11 PM)King Shroom Wrote: [\[CITE\]](#) Back in the day I would stay up for 4 nights and days with no sleep on here but I am older now more commitments.

Oh wow staying awake for 4 nights and days, that's too much bro, I guess you've taken great amount of drugs that time and that time you were young and free ?

Great to hear that this time you are a grown up man, you know your commitments and responsibilities.

Deany - May 20, 2023, 9:17 pm

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break.

Does anybody else stay up all night every night?

All night? Buddy I'm up 24/7 ?

alex_jones_2023 - May 21, 2023, 9:00 am

If you stay up all night and hustle then it's fine, but to play video games that's bad lmao

Grim - June 8, 2023, 7:46 pm

(Jun 7, 2020 04:17 AM)Demoralise Wrote: [\[CITE\]](#) I know I shouldn't but it is a hard habit to break.

Does anybody else stay up all night every night?

i used to but cant really do that anymore as i get older haha

pms - June 8, 2023, 8:27 pm

I love it, i get all the alone time i need.

?{ RadioActive Hack }? - June 9, 2023, 1:25 am

Not every night anymore thank god. Sometimes I pull all-nighters.

JOTSTREAM - June 9, 2023, 10:18 pm

Not every night, but very often I do.

DashPHP - June 10, 2023, 1:22 pm

I still work through the night but these days my body shuts down by 3am haha

dalang - June 10, 2023, 2:29 pm

everyday 4am wwwhat is that?

ChronoBiff - August 5, 2023, 3:44 pm

Staying up all night can have several negative effects on both your immediate well-being and long-term health. Here's why it can be detrimental (Just to name a few):

Cognitive Impairment: Sleep deprivation can lead to decreased cognitive function, including problems with memory, decision-making, and concentration.

Mood Changes: Lack of sleep can cause irritability, mood swings, increased emotional sensitivity, and even depressive symptoms in prolonged cases.

Impaired Immune System: Chronic sleep deprivation can weaken the immune system, making you more susceptible to infections.

