

Forum:[Hack Forums](#)

Thread: [Bad sleeping rhythm and side effects](#)

SIM-4845328 - October 4, 2020, 6:41 pm

I mean this is a hacker forum(and so much more) so I can obviously not be the only one with a bad sleeping rhythm.

Does any of you have an extremely bad sleeping rhythm, and what side effects do you experience from it?

I personally begin to look like someone from the walking dead more and more. I am getting annoyed by people easily because I'm tired. And when I've been awake for 18-25 hours my heart starts to beat faster. I also forget a lot and lose focus.

Lol, I really just realized I need a better sleeping rhythm

Pikzul - October 4, 2020, 6:42 pm

This may sort of sound bad, but you may need some sort of sleeping medication to kind of balance out whatever it is going on? (Seriously)

The Amazing Sinner - October 4, 2020, 6:43 pm

My sleep schedule is completely rotated as well. I wake up when the sun is going down, and sleep when the sun comes up.

for example, this is gonna be my second night awake. no sleep. Most of the time I have huge bags under my eyes, and yes, I also have an high BPM.

SIM-4845328 - October 4, 2020, 6:44 pm

(Oct 4, 2020 06:42 PM)Dollar General Wrote: [\[CITE\]](#) This may sort of sound bad, but you may need some sort of sleeping medication to kind of balance out whatever it is going on? (Seriously)

I've tried sleeping medication and tons of other stuff. It basically started with anxiety and then it just made it hard to sleep.

Now that I almost won over the anxiety I am left with this sleeping rhythm.

It's more like I could sleep, but I really don't feel like I want too

Doom - October 4, 2020, 6:45 pm

My sleep schedule is sometimes good and sometimes terrible, at the moment its terrible and I find myself waking up after noon pretty much every single day.

SIM-4845328 - October 4, 2020, 6:45 pm

(Oct 4, 2020 06:43 PM)The Amazing Sinner Wrote: [\[CITE\]](#) My sleep schedule is completely rotated as well. I wake up when the sun is going down, and sleep when the sun comes up.

for example, this is gonna be my second night awake. no sleep. Most of the time I have huge bags under my eyes, and yes, I also have an high BPM.

It really calms me down that it not only raises my BPM.

Thanks for calming me down when dealing with anxiety. Lmao.

Does it ever make you feel like a bum having this bad sleeping routine?

The Amazing Sinner - October 4, 2020, 6:46 pm

(Oct 4, 2020 06:44 PM)s1zzel Wrote: [\[CITE\]](#) I've tried sleeping medication and tons of other stuff. It basically started with anxiety and then it just made it hard to sleep.

Now that I almost won over the anxiety I am left with this sleeping rhythm.
It's more like I could sleep, but I really don't feel like I want too
I can very much relate to this. Even smoking a fat doobie before sleep won't work.

SIM-4845328 - October 4, 2020, 6:48 pm

(Oct 4, 2020 06:46 PM)The Amazing Sinner Wrote: [\[CITE\]](#) I can very much relate to this. Even smoking a fat doobie before sleep won't work.

Sometimes I think it's because I am too dedicated. It's like I KNOW I should sleep. But instead I do a ton of stuff on the computer I want to do. And if I find enough self-discipline to go to bed I will end up with my phone for hours and hours.

Pikzul - October 4, 2020, 6:50 pm

(Oct 4, 2020 06:44 PM)s1zzel Wrote: [\[CITE\]](#) I've tried sleeping medication and tons of other stuff. It basically started with anxiety and then it just made it hard to sleep.

Now that I almost won over the anxiety I am left with this sleeping rhythm.
It's more like I could sleep, but I really don't feel like I want too
That actually sounds about right, so I have severe anxiety and somehow naturally coped with it after trying meds, so - That's why I jumped to my conclusion there - However I haven't had any sleeping issues (yet)

The Amazing Sinner - October 4, 2020, 6:51 pm

(Oct 4, 2020 06:48 PM)s1zzel Wrote: [\[CITE\]](#) Sometimes I think it's because I am too dedicated. It's like I KNOW I should sleep. But instead I do a ton of stuff on the computer I want to do. And if I find enough self-discipline to go to bed I will end up with my phone for hours and hours.

Yeah even if I put my phone away I could be laying in bed for hours with lots of things going through my head.

Don't know what it is, it might be because I do minimal physical activities and my body has enough energy stored??...

?

Doom - October 4, 2020, 6:59 pm

(Oct 4, 2020 06:51 PM)The Amazing Sinner Wrote: [\[CITE\]](#) Yeah even if I put my phone away I could be laying in bed for hours with lots of things going through my head.

Don't know what it is, it might be because I do minimal physical activities and my body has enough energy stored??...

?

Yeah it'll probably be that, if you don't do much during the day it's hard to sleep at night. I have the same problem and find it nearly impossible to sleep some nights.

SIM-4845328 - October 4, 2020, 6:59 pm

(Oct 4, 2020 06:50 PM)Dollar General Wrote: [\[CITE\]](#) That actually sounds about right, so I have severe anxiety and somehow naturally coped with it after trying meds, so - That's why I jumped to my conclusion there - However I haven't had any sleeping issues (yet)

Here's a quick advice for somebody who had severe anxiety from Jail-time, drug addiction and living in a very bad environment.

You made a HUGE mistake by saying “ yet “

Because in the moment you said yet. You basically tell your brain there’s a possibility of you getting sleeping issues. Therefore, you are more likely to get it.

Believe me - This is so true.

The Amazing Sinner - October 4, 2020, 7:01 pm

(Oct 4, 2020 06:59 PM)s1zzel Wrote: [\[CITE\]](#) Here’s a quick advice for somebody who had severe anxiety from Jail-time, drug addiction and living in a very bad environment.

You made a HUGE mistake by saying “ yet “

Because in the moment you said yet. You basically tell your brain there’s a possibility of you getting sleeping issues. Therefore, you are more likely to get it.

Believe me - This is so true.

That's just mindset. I try to lay in bed not moving my entire body and controlling my breath.

When I'm lucky I'll fall asleep in about an hour.

SIM-4845328 - October 4, 2020, 7:02 pm

(Oct 4, 2020 06:51 PM)The Amazing Sinner Wrote: [\[CITE\]](#) Yeah even if I put my phone away I could be laying in bed for hours with lots of things going through my head.

Don't know what it is, it might be because I do minimal physic activities and my body has enough energy stored??...

?

The way this works is really weird.

Basically if you are not physically active enough it will make it harder to fall a sleep.

But scientists also advice people not to workout 2 hours before sleeping because it can make it difficult to fall asleep

(Oct 4, 2020 07:01 PM)The Amazing Sinner Wrote: [\[CITE\]](#) That's just mindset. I try to lay in bed not moving my entire body and controlling my breath.

When I'm lucky I'll fall asleep in about an hour.

Indeed it is. And mindset is the reason anxiety appears. I usually find a really comfortable way to lay and then I start doing math in my head.

Before I had anxiety I was told I was “ number blind “ like I was not able to do math.

But now after 1.5 year of anxiety and sleeping issues I did so many hours of math in my head that I am extremely good at math.

So that’s how I turn my anxiety into something positive.

fernquaker - October 4, 2020, 7:06 pm

I used to have a bad sleeping rhythm when I worked as a call center agent. Sometimes, my shift is 6am-3pm and the next shift starts at 10pm. I only got 7 hours left to the things I need to do like sleeping and commuting. It makes me unhealthy that way.

SIM-4845328 - October 4, 2020, 7:07 pm

(Oct 4, 2020 07:06 PM)fernquaker Wrote: [\[CITE\]](#) I used to have a bad sleeping rhythm when I worked as a call center agent. Sometimes, my shift is 6am-3pm and the next shift starts at 10pm. I only got 7 hours left to the things I need to do like sleeping and commuting. It makes me unhealthy that way.

Definitely understand you
But hopefully due to the working hours you must have been well paid.

fernquaker - October 4, 2020, 9:14 pm

(Oct 4, 2020 07:07 PM)s1zzel Wrote: [\[CITE\]](#) Definitely understand you
But hopefully due to the working hours you must have been well paid.

That's the sad part. I'm not being paid well because I'm just a newly graduate at that time. I only stayed in the company for 8 months. But regardless of how unhealthy my situation is, I learned a lot of thing from that company.

???????????? - October 4, 2020, 9:58 pm

Wasting time, back pain because of sleeping to much, not feeling hungry, no sport, being tired 24/7, depression even kicks harder.

OBAMASELF - October 4, 2020, 10:34 pm

(Oct 4, 2020 06:44 PM)s1zzel Wrote: [\[CITE\]](#) I've tried sleeping medication and tons of other stuff. It basically started with anxiety and then it just made it hard to sleep.

Now that I almost won over the anxiety I am left with this sleeping rhythm.
It's more like I could sleep, but I really don't feel like I want too
Sleep is the most crucial shit in a human being, we all know for a fact that there are lots of side effects that comes from lack of sleep and having shitty sleep pattern. Theres one medication that helps me anytime I am starting have f up sleep pattern. Its called MELATONIN , man that shit works like a charm, take it 1 hour before going to sleep, the next monring you will wake up at 7am no matter what. You will feel fresh and shit ofc since melatonin is secreted at night with a robust circadian rhythm and maximum plasma levels that occur around 3 to 4 AM. The daily rise of melatonin secretion correlates with a subsequent increase in sleep propensity about 2 hours before the person's regular bedtime.

Artisan - October 4, 2020, 11:49 pm

(Oct 4, 2020 06:41 PM)s1zzel Wrote: [\[CITE\]](#) I mean this is a hacker forum(and so much more) so I can obviously not be the only one with a bad sleeping rhythm.

Does any of you have an extremely bad sleeping rhythm, and what side effects do you experience from it?

I personally begin to look like someone from the walking dead more and more. I am getting annoyed by people easily because I'm tired. And when I've been awake for 18-25 hours my heart starts to beat faster. I also forget a lot and lose focus.

Lol, I really just realized I need a better sleeping rhythm
Your symptoms are common with anyone who has to stay awake beyond 18 hours. Ive had hallucinations some years ago when I had to stay awake for 3 days for an exam prep.

I suggest sleeping 6-8 hours regularly and during the same hours to maintain a healthy routine.

jecoylecoy - October 4, 2020, 11:53 pm

When I can't sleep well, I will experience muscle cramps and probably lead to hypokalemia(low potassium).

Starks - October 5, 2020, 1:11 am

For me, I experience exhaustion, bad moods, and lack of focus a lot.

SIM-4845328 - October 5, 2020, 4:25 am

(Oct 4, 2020 11:53 PM)jecoylecroy Wrote: [\[CITE\]](#) When I can't sleep well, I will experience muscle cramps and probably lead to hypokalemia(low potassium).

Thank god I am not the only one experiencing these muscle cramps.
Especially in my leg.

jecoylecroy - October 5, 2020, 4:46 am

(Oct 5, 2020 04:25 AM)s1zzel Wrote: [\[CITE\]](#) Thank god I am not the only one experiencing these muscle cramps.

Especially in my leg.

Yes, and my brother [Yanix](#) advise me to take b-complex vitamins and now I feel better.

(Oct 5, 2020 04:25 AM)s1zzel Wrote: [\[CITE\]](#) Thank god I am not the only one experiencing these muscle cramps.

Especially in my leg.

Yes, and my brother @Yanix@ advise me to take b-complex vitamins and now I feel better.

Yanix - October 5, 2020, 4:51 am

(Oct 5, 2020 04:46 AM)jecoylecroy Wrote: [\[CITE\]](#) Yes, and my brother [Yanix](#) advise me to take b-complex vitamins and now I feel better.

Yes, and my brother [Yanix](#) advise me to take b-complex vitamins and now I feel better.
I told you brother that B-Complex will do good for you :D

SIM-4845328 - October 5, 2020, 5:09 am

(Oct 5, 2020 04:51 AM)Yanix Wrote: [\[CITE\]](#) I told you brother that B-Complex will do good for you :D
Just started eating multi-vitamins with 11 Minerals - Helps me out ?

Yanix - October 5, 2020, 5:10 am

(Oct 5, 2020 05:09 AM)s1zzel Wrote: [\[CITE\]](#) Just started eating multi-vitamins with 11 Minerals -
Helps me out ?

Try to have vitamin c as well bro it will help you boost your immune system against the cough and colds

SIM-4845328 - October 5, 2020, 5:12 am

(Oct 5, 2020 05:10 AM)Yanix Wrote: [\[CITE\]](#) Try to have vitamin c as well bro it will help you boost your immune system against the cough and colds

Thanks buddy. I actually often have the cough and colds. To often. My immune system always been great. But then I abuse steroids and now it's common for me to have cough and such

Yanix - October 5, 2020, 5:13 am

(Oct 5, 2020 05:12 AM)s1zzel Wrote: [\[CITE\]](#) Thanks buddy. I actually often have the cough and colds. To often. My immune system always been great. But then I abuse steroids and now it's common for me to have cough and such

Try it out bro and it will take out your cough and colds :D

Always have your multi-vitamins daily as well :D

jecoylecroy - October 5, 2020, 6:21 am

(Oct 5, 2020 05:10 AM)Yanix Wrote: [\[CITE\]](#) Try to have vitamin c as well bro it will help you boost

your immune system against the cough and colds
Yeah. Thank you for the advice brother. ?

Yanix - October 5, 2020, 6:22 am

(Oct 5, 2020 06:21 AM)jecoylecroy Wrote: [\[CITE\]](#) Yeah. Thank you for the advice brother. ?
Just keep your body healthy and always be safe bro :D

jecoylecroy - October 5, 2020, 6:25 am

(Oct 5, 2020 06:22 AM)Yanix Wrote: [\[CITE\]](#) Just keep your body healthy and always be safe bro :D
Thank you brother. Actually I forgot to take vitamin C. ?

Yanix - October 5, 2020, 6:26 am

(Oct 5, 2020 06:25 AM)jecoylecroy Wrote: [\[CITE\]](#) Thank you brother. Actually I forgot to take vitamin C. ?

You can have it tonight bro...actually I am drinking 1000mg vitamin c daily, one in the morning and one in the evening :D

jecoylecroy - October 5, 2020, 6:42 am

(Oct 5, 2020 06:26 AM)Yanix Wrote: [\[CITE\]](#) You can have it tonight bro...actually I am drinking 1000mg vitamin c daily, one in the morning and one in the evening :D
How to measure it brother?

Yanix - October 5, 2020, 6:44 am

(Oct 5, 2020 06:42 AM)jecoylecroy Wrote: [\[CITE\]](#) How to measure it brother?
Bro it's on the sachet bro on how many mg. is your vitamin-c take a look at it. :D
What brand of vitamin-c are you taking bro?

jecoylecroy - October 5, 2020, 7:02 am

(Oct 5, 2020 06:44 AM)Yanix Wrote: [\[CITE\]](#) Bro it's on the sachet bro on how many mg. is your vitamin-c take a look at it. :D
What brand of vitamin-c are you taking bro?
I forgot the brand bro. My sister gave it to me. I think it came from Chia ?

Yanix - October 5, 2020, 7:29 am

(Oct 5, 2020 07:02 AM)jecoylecroy Wrote: [\[CITE\]](#) I forgot the brand bro. My sister gave it to me. I think it came from Chia ?
Oh better check it out bro :D

jecoylecroy - October 5, 2020, 8:33 am

(Oct 5, 2020 07:29 AM)Yanix Wrote: [\[CITE\]](#) Oh better check it out bro :D
Well made this is really vitamin China ???

Yanix - October 5, 2020, 8:41 am

(Oct 5, 2020 08:33 AM)jecoylecroy Wrote: [\[CITE\]](#) Well made this is really vitamin China ???
I've seen that some vitamins that Watson's selling is from China as well and I guess there's no problem about it as long it has the FDA seal :D

jecoylecroy - October 5, 2020, 8:42 am

(Oct 5, 2020 08:41 AM)Yanix Wrote: [\[CITE\]](#) I've seen that some vitamins that Watson's selling is from China as well and I guess there's no problem about it as long it has the FDA seal :D
Where can we find FDA seal brother? I don't have the box of this vitamin.

Yanix - October 5, 2020, 8:45 am

(Oct 5, 2020 08:42 AM)jecoylecroy Wrote: [\[CITE\]](#) Where can we find FDA seal brother? I don't have the box of this vitamin.

Just let me know the name and I will check it out if it's on the market and safe hahaha

jecoylecroy - October 5, 2020, 8:47 am

I read it ascorbic acid vitamin c. Then "SA CEE".

Yanix - October 5, 2020, 8:53 am

(Oct 5, 2020 08:47 AM)jecoylecroy Wrote: [\[CITE\]](#) I read it ascorbic acid vitamin c. Then "SA CEE". Okay that is good bro Ascorbic Acid and that SA CEE meanis Sodium Ascorbate...they were safe brother :D

jecoylecroy - October 5, 2020, 8:57 am

(Oct 5, 2020 08:53 AM)Yanix Wrote: [\[CITE\]](#) Okay that is good bro Ascorbic Acid and that SA CEE meanis Sodium Ascorbate...they were safe brother :D

Ah thank you brother, by the way you a nurse brother? You know a lot about medicine ?.

Yanix - October 5, 2020, 9:06 am

(Oct 5, 2020 08:57 AM)jecoylecroy Wrote: [\[CITE\]](#) Ah thank you brother, by the way you a nurse brother? You know a lot about medicine ?.

My Uncle is a Doctor and I always ask him a lot hahaha

MrJamesDean - October 5, 2020, 9:07 am

Mine has been getting bad again recently. Used to get up every morning at about 5am, go for a run, do some stuff, then get back and do some work and be asleep by like 10pm. Past few weeks though I've been falling asleep at around 2am and getting up around 10am, which is real bad for me

SIM-4845328 - October 5, 2020, 9:08 am

(Oct 5, 2020 09:07 AM)MrJamesDean Wrote: [\[CITE\]](#) Mine has been getting bad again recently. Used to get up every morning at about 5am, go for a run, do some stuff, then get back and do some work and be asleep by like 10pm. Past few weeks though I've been falling asleep at around 2am and getting up around 10am, which is real bad for me

I have not been sleeping earlier than 3am for oover a year man. You routine is absolutely lovely to me.

MrJamesDean - October 5, 2020, 9:09 am

(Oct 5, 2020 09:08 AM)s1zzel Wrote: [\[CITE\]](#) I have not been sleeping earlier than 3am for oover a year man. You routine is absolutely lovely to me.

Yeah it's the best way to get stuff done during the day, you get a beat on everyone else, get that energy going and it's, for me at least, the best way to live with sleep. I just don't get why it's so shitty right now, maybe it's just what's going on in the world around us

Mr. Atlas - October 5, 2020, 11:36 pm

I also have a very bad sleep pattern

It can sometimes play on the mind and on the social relationship with people ...

I think doing sport helps concentration and helps sleep (nothing like a good day of sport to go to bed at 11pm without any problem. Unfortunately for me sometimes even like that I wake up 4 hours later and impossible to go back to sleep)

Bossk - October 5, 2020, 11:51 pm

Luckily, I have a normal sleeping schedule. Wouldn't be able to do my work otherwise.

