

Forum:[Hack Forums](#)

Thread: [To sleep or not to sleep](#)

Glare - August 18, 2021, 4:26 am

So my sleep schedule is really fugged up atm. I went to sleep yesterday at around 9-10am and woke up at 5pm. It's now 8:30am the following day, should I try and just stay up or take a shorter nap? Really gotta fix this shit.

LoremIpsum - August 18, 2021, 4:28 am

I sleep often from 4-5 AM till 9-10 AM and start my day. If you feel like you can change it for the better, just do it. Regardless of what you think is best for you, it's up to you to be consistent with any bedtime or sleep schedule.

I gave up on that. I'll sleep more when I'm retired.

Lyralei - August 18, 2021, 4:30 am

It's good to sleep but sometimes I feel like it's not, sleeping can be addicting after all, you just get so lazy easily once it starts.

Dopamine - August 18, 2021, 4:35 am

You guys are able to sleep during the day?

Glare - August 18, 2021, 4:36 am

(Aug 18, 2021 04:28 AM)LoremIpsum Wrote: [\[CITE\]](#) I sleep often from 4-5 AM till 9-10 AM and start my day. If you feel like you can change it for the better, just do it. Regardless of what you think is best for you, it's up to you to be consistent with any bedtime or sleep schedule.

I gave up on that. I'll sleep more when I'm retired.

Yeah I want to just stay up and try and pass out at a normal time tonight, but it's easier said than done usually.

(Aug 18, 2021 04:30 AM)Lyralei Wrote: [\[CITE\]](#) It's good to sleep but sometimes I feel like it's not, sleeping can be addicting after all, you just get so lazy easily once it starts.

I agree totally, I find when I start staying awake until morning and sleep all day, I just feel lethargic all the time.

(Aug 18, 2021 04:35 AM)Dopamine Wrote: [\[CITE\]](#) You guys are able to sleep during the day? When you don't sleep at night it's the only option.

Boshy - August 18, 2021, 4:39 am

Just sleep whenever you feel tired enough to sleep.

Lyralei - August 18, 2021, 4:39 am

(Aug 18, 2021 04:36 AM)Glare Wrote: [\[CITE\]](#) I agree with both of you. Especially what you said @Lyralei about it gets addicting. I find when I start staying awake until morning and sleep all day, I just feel lethargic all the time.

Luckily I've gotten the habit to stay awake to do things, but the urge to sleep does still come and go, if your sleeping schedule really is fucked up, I recommend going on a coffee spree and sleep when it's like 9 PM again, lmao.

Grim - August 18, 2021, 11:14 am

just dont sleep and drink coffee its what i do

Yanix - August 20, 2021, 2:20 am

I guess you just need to reset your body clock bro so you can have your sleep at night and be awake in the day time.

The Pact - August 20, 2021, 2:22 am

(Aug 18, 2021 04:26 AM)Glare Wrote: [\[CITE\]](#) So my sleep schedule is really fugged up atm. I went to sleep yesterday at around 9-10am and woke up at 5pm. It's now 8:30am the following day, should I try and just stay up or take a shorter nap? Really gotta fix this shit.

Apparently you need to stay up until 8:30pm and try to sleep then and not nap.

Deany - August 20, 2021, 5:25 am

(Aug 18, 2021 04:26 AM)Glare Wrote: [\[CITE\]](#) So my sleep schedule is really fugged up atm. I went to sleep yesterday at around 9-10am and woke up at 5pm. It's now 8:30am the following day, should I try and just stay up or take a shorter nap? Really gotta fix this shit.

No, don't sleep. Just stay up forever!?

Boshy - August 20, 2021, 5:53 am

(Aug 20, 2021 05:25 AM)Deany Wrote: [\[CITE\]](#) No, don't sleep. Just stay up forever!?

I tried this earlier this year, I stayed up for 8 days in a row, had some strange experiences, but no permanent wakefulness.

seeanopprighththur - August 20, 2021, 7:03 am

Depends on the person tbh, is sleeping and waking up at the times you are right now decent for your current schedule?

blxcklist - August 20, 2021, 7:14 am

(Aug 20, 2021 05:53 AM)Boshy Wrote: [\[CITE\]](#) I tried this earlier this year, I stayed up for 8 days in a row, had some strange experiences, but no permanent wakefulness.

Im pretty sure the world record is 10 days..did you really stay up for 8 days in a row?

Boshy - August 20, 2021, 7:25 am

(Aug 20, 2021 07:14 AM)blxcklist Wrote: [\[CITE\]](#) Im pretty sure the world record is 10 days..did you really stay up for 8 days in a row?

Yes. I was starting to think I would never sleep again. But i eventually got some sleep, and have been sleeping every day/night (whichever) since then.

HEISENPUG - August 20, 2021, 11:18 am

i sleep alot during the day but my thyroid is fucked and i gotta take medicine the rest of my life.

?nxy - August 20, 2021, 2:27 pm

All I have to say is glws

Artisan - August 20, 2021, 10:58 pm

I used to be nocturnal for years. When I had obligations during the day time, I would skip sleep and then the cycle would repeat again and I would remain nocturnal. Had to get outta that mess when I got my 9-5 full time. My trick was using sleep meds for 3 days. I took the medication just before dinner so an hour later, I would start feeling drowsy and snooze off.

Ghostmode65 - August 21, 2021, 6:41 pm

If your old enough to drive that is the best time to take a nap, 2 in 1

I-I - August 22, 2021, 10:46 pm

Personally, if my sleep schedule is jacked up. I will just stay away to fix it, it doesn't always work though as I push past the point of "being tired" and might stay up too late.

Maudie - December 7, 2021, 5:35 pm

Sleeeeeeeeeeep

?

No sleep = not human

TeamAndroid - December 7, 2021, 5:49 pm

I have very weird sleep patterns. Sometimes I'll sleep for days. Other I can even stand to lay down. Been like this my whole life. But I've always preferred being a night owl.

Rahul007rhp - December 7, 2021, 8:13 pm

I don't remember the movie / series name there was a dialogue in it " Sleeping is the key to strong thoughts " its true imo. So sleep well ky friends !

Simon77 - December 7, 2021, 8:52 pm

Well, you really need to fix your schedule bro. Sleep is vital for us, like for real you'll feel so much better when you're well-slept.

Joe - December 7, 2021, 10:54 pm

I've been sleeping about 4 hours at night, and I usually have a nap for an hour or two. I catch up on weekends. I know this is terrible.

Case in point, I'm awake right now at 2am and I have to be up for work at 6.

L1l DuRk - December 7, 2021, 11:00 pm

(Dec 7, 2021 11:54 PM)Joe_Anonymous Wrote: [\[CITE\]](#) I've been sleeping about 4 hours at night, and I usually have a nap for an hour or two. I catch up on weekends. I know this is terrible.

Case in point, I'm awake right now at 2am and I have to be up for work at 6.

It is already 7am in morning now and I barely had an hour sleep, Just finished my coffee now.