

Forum:[Hack Forums](#)

Thread: [Bad Sleeping Habits](#)

neoanderson101 - March 11, 2022, 6:43 am

1. Irregular Sleep Timings
2. Sleeping in Wrong Positions
3. Multi Alarm Notifications
4. Consuming Sleep Inhibitors
5. Using electronics just before bed

Cellula - March 13, 2022, 6:33 am

Im also in your situation, how to solve this?

neoanderson101 - March 13, 2022, 2:20 pm

(Mar 13, 2022 06:33 AM)Cellula Wrote: [\[CITE\]](#) Im also in your situation, how to solve this?
having a health and well researched diet n excersie on a daily.
takes a lot of desipline

MavenGradle - March 13, 2022, 2:29 pm

Sounds like me. Staying awake for 24+ hours isn't a strange concept to me, but then again, if humans are left in the dark, without any notion of time, they stay awake much longer than what is considered normal.

So is it really that abnormal to not sleep when you're 'supposed' to, or do people just have different sleeping habits (none of which are inherently bad on their own unless there are more factors at play here like stress, sleep deprivation, trouble in your mental health, etc.).

neoanderson101 - March 13, 2022, 2:32 pm

(Mar 13, 2022 02:29 PM)MavenGradle Wrote: [\[CITE\]](#) Sounds like me. Staying awake for 24+ hours isn't a strange concept to me, but then again, if humans are left in the dark, without any notion of time, they stay awake much longer than what is considered normal.

So is it really that abnormal to not sleep when you're 'supposed' to, or do people just have different sleeping habits (none of which are inherently bad on their own unless there are more factors at play here like stress, sleep deprivation, trouble in your mental health, etc.).

hmm intresting analogy.

i like tht u incorprated our the staying in the dark as a rewason. i think bad sleep comes a lot from just frogetting to sleep also work sometimes too.

i think gettting tired and goin out n doing activites usua;;y will lead into better health

hotwheels52 - March 13, 2022, 10:49 pm

Simple, yet very truthful. I need to get better myself.