

Forum:[Hack Forums](#)

Thread: [My new sleeping schedule](#)

Jas.son - January 15, 2023, 8:31 pm

I've been sleeping for 9-10 hours, then staying awake for 48 hrs and repeating. I don't know if i'm harming myself or what but i feel great lol I'm getting alot done and i feel so focused during the night its unreal boys. Try it yeh

Maskin - January 15, 2023, 8:33 pm

I doubt it will be good for you in the long term. But everyone is different.

Royal ! - January 15, 2023, 8:44 pm

Staying awake for 48 hours isn't good for health.

Stumail - January 15, 2023, 8:46 pm

Depends on what you're doing in those 48 hours, I hope its something temporary, such as to earn a living during tough times.

jcole - January 15, 2023, 9:04 pm

I would say that does not seem healthy at all long term. Are you on drugs to help you stay awake?

Black Swan - January 15, 2023, 9:04 pm

Been there and it didn't end well. You can keep it going for a few weeks, but then you crash hard.

Nostre - January 17, 2023, 12:20 am

Your brain processes information throughout the day and requires sleep to improve memory and assist with problem-solving issues you've faced during your time being awake.

My favorite example is if you played the guitar. Prior to sleeping, you may have issues memorizing string notes or your muscle memory isn't supporting you in any way. From the moment you fall asleep, your brain is processing the information you've learned and will basically put the pieces together. The next day you're awake and hitting every note while making no mistakes.

The brain is incredible.

goldenbanana - January 17, 2023, 1:05 am

What kind of drugs are you taking bro?

raney - January 17, 2023, 1:59 am

You can keep it going for a few weeks, but then you crash hard. lol

DashPHP - January 17, 2023, 2:14 am

While you are young you should absolutely be doing this if your days are extremely busy like mine.

I can't stay up for 40 hours but 12-18 hours of solid work is doable for me.

Lyrice - January 17, 2023, 2:30 am

While it may seem like you are getting a lot done, this sleep pattern is not sustainable and can be harmful to your health. It's important to establish a consistent sleep schedule and to get at least 7-8

hours of sleep per night. Lack of sleep can lead to fatigue, irritability, difficulty concentrating, and an increased risk of accidents and illnesses.

XoticSGG - January 17, 2023, 5:30 pm

Try to sleep a bit more cut out unnecessary caffeine or substances that would keep you up.

Jas.son - January 17, 2023, 6:39 pm

(Jan 17, 2023 07:33 PM)php Wrote: [CITE](#) Been there done that, it is horrible for your brain.
Your profile is pic is great for the brain ?