

Forum:[Hack Forums](#)

Thread: [I work nights so occasionally I get day drunk, is that bad?](#)

Jackets - October 5, 2023, 7:36 am

When I say occasionally, I say maybe once a month. Maybe twice I'll get home from work (I work 12am - 8am) and I'll let loaded before I go to sleep. Is that bad>?

GmaN™ - October 5, 2023, 7:39 am

(Oct 5, 2023 07:36 AM)Jackets Wrote: [\[CITE\]](#) When I say occasionally, I say maybe once a month. Maybe twice I'll get home from work (I work 12am - 8am) and I'll let loaded before I go to sleep. Is that bad>?

Okay - I'm not a medical professional here...just FYI. ? Consuming alcohol before sleep can affect the quality of your rest.

While alcohol can initially make you feel drowsy and might help you fall asleep faster, it can disrupt your sleep cycle and prevent you from reaching deep sleep.

Hungry4Knowledge - October 5, 2023, 7:51 am

(Oct 5, 2023 07:36 AM)Jackets Wrote: [\[CITE\]](#) When I say occasionally, I say maybe once a month. Maybe twice I'll get home from work (I work 12am - 8am) and I'll let loaded before I go to sleep. Is that bad>?

Doesn't sound like you have a drinking problem at all.

As for the quality of sleep I agree with what [GmaN™](#) said. Those sleeps practically don't count. Strategically would be best if you were planning these drinks so that you didn't have to go to work the next night.

Jackets - October 5, 2023, 7:57 am

Honestly it's not to deal with quality of sleep.

Mostly because I'm depressed cause I work nights full-time as a 28 year old single male.

Hard to meet people.

Mac Miller - October 5, 2023, 8:01 am

Nah you good. Gotta be friday night some how

Charlie Sheen - October 5, 2023, 8:03 am

You're only doing it once or twice a month, that's not bad. As long as you aren't doing it on days where you work that night. Then I would say you're fine. Try to keep it limited to once or twice a month though. Don't let it get out of hand.

Nostre - October 5, 2023, 8:07 am

(Oct 5, 2023 07:57 AM)Jackets Wrote: [\[CITE\]](#) Honestly it's not to deal with quality of sleep. Mostly because I'm depressed cause I work nights full-time as a 28 year old single male.

Hard to meet people.

Have you tried switching your schedule or searching for new job opportunities?

Jackets - October 5, 2023, 8:20 am

(Oct 5, 2023 08:07 AM)Genuine Wrote: [\[CITE\]](#) Have you tried switching your schedule or searching

for new job opportunities?

I start a new job in January which is 2 weeks in, 2 weeks out.

A whole different lifestyle. I just figured by now I'd have a few kids, wife and everything setup.

I have no and I really mean NO potential people out there fit for me.

Nostre - October 5, 2023, 8:27 am

(Oct 5, 2023 08:20 AM)Jackets Wrote: [\[CITE\]](#) I start a new job in January which is 2 weeks in, 2 weeks out.

A whole different lifestyle. I just figured by now I'd have a few kids, wife and everything setup.

I have no and I really mean NO potential people out there fit for me.

That entire idea of being married with kids by 25 is outrageous IMHO, especially nowadays. It's also hard to find a loyal female, and social media plays a huge part in it. Back then you had to psychically leave the house to meet someone, but now everyone is so easily accessible; anyone can DM anyone.

Charlie Sheen - October 5, 2023, 8:30 am

(Oct 5, 2023 08:27 AM)Genuine Wrote: [\[CITE\]](#) That entire idea of being married with kids by 25 is outrageous IMHO, especially nowadays. It's also hard to find a loyal female, and social media plays a huge part in it. Back then you had to psychically leave the house to meet someone, but now everyone is so easily accessible; anyone can DM anyone.

Exactly, one of my good friends just lost his 5 year girlfriend to some guy in another state she met online. She started seeing him behind his back and now she's moving in with him.

Nostre - October 5, 2023, 8:35 am

(Oct 5, 2023 08:30 AM)Charlie Sheen Wrote: [\[CITE\]](#) Exactly, one of my good friends just lost his 5 year girlfriend to some guy in another state she met online. She started seeing him behind his back and now she's moving in with him.

Honestly, if she left him after 5 years that quickly, she'll eventually leave the other guy too. I would consider myself lucky if I were him.

Jackets - October 5, 2023, 8:42 am

(Oct 5, 2023 08:38 AM)Focus Broken Wrote: [\[CITE\]](#) That sucks. Do you live in a small town or rural area?

50k population :/

DashPHP - October 5, 2023, 8:49 am

At the least it's once a month.. How detrimental can that be? Surely not that much.

Preferred to get stoned outa my head though.

Godofcrypto - October 5, 2023, 8:55 am

Consuming alcohol once or twice a month is nothing (not to encourage you to drink more).

Drinking only one or two drinks every night is much worse than occasionally getting drunk once or twice a month.

In your situation, the liver has a chance to regenerate itself.

Daily alcohol consumption carries serious health risks.

Charlie Sheen - October 5, 2023, 9:17 am

(Oct 5, 2023 08:35 AM)Genuine Wrote: [\[CITE\]](#) Honestly, if she left him after 5 years that quickly,

she'll eventually leave the other guy too. I would consider myself lucky if I were him.

Exactly, I've never been able to completely trust a woman that jumps out of a serious relationship for another guy. He's been a total mess about it. I've even considered flying out to hang out with him and take him out for a guys night.

Alpha Geek - October 5, 2023, 9:20 am

I used to work night shift and would drink a little more than that each month, getting day drunk is fine. It's your free time, no different than if someone got off work in the evening or afternoon and got loaded.

Grim - October 5, 2023, 9:37 am

(Oct 5, 2023 07:36 AM)Jackets Wrote: [\[CITE\]](#) When I say occasionally, I say maybe once a month. Maybe twice I'll get home from work (I work 12am - 8am) and I'll let loaded before I go to sleep. Is that bad>?

Not at all especially if it's only like once a month imo

Disease - October 5, 2023, 10:28 am

(Oct 5, 2023 07:36 AM)Jackets Wrote: [\[CITE\]](#) When I say occasionally, I say maybe once a month. Maybe twice I'll get home from work (I work 12am - 8am) and I'll let loaded before I go to sleep. Is that bad>?

The day drinking part probably isn't so much the issue, as with your work and sleep schedule it's your afternoon/evening. Even if it's not literally the case. The bigger concern really is if you're drinking alone. But you're also talking about once or twice a month, so it's hardly a major issue either way. Now if it becomes a common, recurring thing? That's a different story.

nextmark - October 5, 2023, 10:39 am

You good, at least you don't have a drug addiction!

And drinking once in a month is not that bad in my opinion

Syndicate - October 5, 2023, 11:50 am

Honestly, with such a small population, I'm not surprised. I wouldn't even consider that day drinking because it's after your shift and you're still just having a good time. I wouldn't worry about it.

Same thing with what Sky said, the thought of having a wife, kids.. etc before the age of 25 years old is absolutely ridiculous. It's a big thing from generations ago which doesn't apply to us any longer

N - October 5, 2023, 11:57 am

Once or twice a month? You iight, you no where close to bad, improve those stats to twice a week then try for everyday.

Syndicate - October 5, 2023, 12:03 pm

(Oct 5, 2023 11:57 AM)N Wrote: [\[CITE\]](#) Once or twice a month? You iight, you no where close to bad, improve those stats to twice a week then try for everyday.

No, don't listen to him. You don't need to improve those stats at all, then that becomes really bad. You're good where you currently are ?

Yin Yang - October 5, 2023, 12:13 pm

Sounds like a rare occasion, so I guess you're fine

Rionxee - October 5, 2023, 12:15 pm

Day drinking is fine. I prefer day drinking actually. Nothing better than waking up for a tailgate at 8am and starting the day off right with a shot.

I will say I worked nights before at a nightclub during my undergrad and would leave around 4am and couldn't sleep so I would go out and drink in the morning to try and get tired enough to sleep. It wasn't health at all. Everything in moderation though.

Prettykitty - *October 5, 2023, 12:34 pm*

It's your choice, however be careful not to overlook the effects of it on your health.

Tor - *October 29, 2023, 1:26 pm*

(Oct 5, 2023 07:36 AM)Jackets Wrote: [\[CITE\]](#) When I say occasionally, I say maybe once a month. Maybe twice I'll get home from work (I work 12am - 8am) and I'll let loaded before I go to sleep. Is that bad>?

It's cool to chill and unwind, but going day drunk once in a while, like once a month, probably ain't too bad. Just make sure it doesn't become a habit that messes up your work or health.