

Forum:[Hack Forums](#)

Thread: [Do you prefer working in the morning or in the evening?](#)

Jamika - March 4, 2024, 1:20 am

Hello every one

So what u prefer if both is available, to work in the morning or in the evening?

For me i prefer evening, as it is more calm and less crowd

What about u?

Deany - March 4, 2024, 1:22 am

Graveyard shift is the best shift Kappa

diablospartan - March 4, 2024, 2:16 am

Well i think in the evening its more fine by me but morning its also fine for me .Just that sometimes its hard for me to wake up in the early morning

Mald0r0r - March 4, 2024, 3:23 am

Early morning. But sometimes it feels nice to work in the quiet of the night

trustme - March 25, 2024, 9:49 am

(Mar 4, 2024 02:20 AM)Jamika Wrote: [\[CITE\]](#) Hello every one

So what u prefer if both is available, to work in the morning or in the evening?

For me i prefer evening, as it is more calm and less crowd

What about u?

At night, of course, silence at home, silence outside, nothing will distract you, only later you will have trouble sleeping, but after all, you have to earn those millions one day.

Syndicate - March 25, 2024, 12:08 pm

I have absolutely never been a morning person, so I do prefer to work in the evenings. I currently do mostly start work at around 4pm. Sometimes I do have to open at 10am though.

peNchy - March 25, 2024, 12:59 pm

I've always considered myself to be an evening/night person but lately I find that my brain started functioning better in the morning. Maybe I'm finally getting older :D

Beherit - March 25, 2024, 1:59 pm

Either way as long as the task gets done.

Euaggelistes - March 25, 2024, 2:27 pm

I used to always say that I preferred the evening.

However, over the past 10 years, I've found the mornings to be far more productive and beneficial for myself.

Rahul007rhp - March 26, 2024, 5:11 am

I think morning are the best time to do your work, they are always more productive for me

Eran - March 26, 2024, 5:15 am

ADHD makes it hard for me to concentrate but it all comes down to discipline. That being said, I think I work more effectively in the morning.

Ascetical - March 26, 2024, 6:57 am

I have a job that allows me to do some learning in between clients, so basically I learn/work or procrastinate throughout the entire day.

If I were to describe myself in one sentence, it would be "a kinda lazy workaholic".

TooBurnt - March 26, 2024, 8:38 am

Evening shifts seem to be easier and have less higher ups to bother you. But nothing sucks worse than having to go into work on a nice warm evening, makes you want to work mornings at that point.

Mooooookie - March 26, 2024, 9:36 am

I prefer working at night. I sleep in the morning when most are getting up for work. Then get up around noon, do what I do during the day time.. and at night I get my ass around this computer and get to running my business.

V?rt - March 26, 2024, 9:38 am

100% prefer working in the morning. I just enjoy waking up in the morning and getting things done. It feels so good and refreshing to me. In the afternoon, I enjoying playing with my kid and spending time with my family.

Bagel - March 26, 2024, 5:48 pm

5 AM is where its at. Awake before most of the population

Sefusefusef - March 26, 2024, 6:45 pm

morning ?

007 - March 28, 2024, 1:43 pm

Evening. My average day is from 10am to 11pm, and I notice most efficiency after 9pm.

sfdhu - March 30, 2024, 9:13 pm

I think morning and night depend on your biology

Aeowulf - March 31, 2024, 4:23 am

I prefer to get my work done in the morning, then relax later.

Mustys - March 31, 2024, 10:53 am

I do like to work in the morning, you catch the day and when you're done then you can relax fully.

DemonAsylum - April 1, 2024, 5:37 pm

For me it depends on the kind of work. If it's like physical work than I'd prefer earlier in the day at least. If it's work on the computer for instance than more so into the night honestly. How I feel can also vary based on whatever my sleep schedule is too though I guess lol.

Yanix - April 1, 2024, 7:30 pm

For me the best time to work is from morning til afternoon then we can spend the rest of our time for the day with our family.

Alien8ed - April 1, 2024, 7:34 pm

I have worked afternoons and nights almost always.

My Circadian Rhythm is completely out of whack, but it is the time in which I can concentrate better and obtain more productivity.

DemonAsylum - April 1, 2024, 8:12 pm

(Apr 1, 2024 07:30 PM)Yanix Wrote: [\[CITE\]](#) For me the best time to work is from morning til afternoon then we can spend the rest of our time for the day with our family.

Seems a lot of people favor this, but I get why. It's nice having the evenings to just chill and then of course you go to sleep after.

Yanix - April 1, 2024, 8:23 pm

(Apr 1, 2024 08:12 PM)DemonAsylum Wrote: [\[CITE\]](#) Seems a lot of people favor this, but I get why. It's nice having the evenings to just chill and then of course you go to sleep after.

I guess if I am still single I would rather choose the evening to spend more time for some fun but now that I have a family I prefer to go for the morning so I got some quality time with my love ones ?

DemonAsylum - April 1, 2024, 8:25 pm

(Apr 1, 2024 08:23 PM)Yanix Wrote: [\[CITE\]](#) I guess if I am still single I would rather choose the evening to spend more time for some fun but now that I have a family I prefer to go for the morning so I got some quality time with my love ones ?

Nah I absolutely get it and it makes sense, especially given you have a family haha.

Yanix - April 1, 2024, 8:36 pm

(Apr 1, 2024 08:25 PM)DemonAsylum Wrote: [\[CITE\]](#) Nah I absolutely get it and it makes sense, especially given you have a family haha.

I've used to work on night shift when I was on my college days so I know how it feels and the ways of being on grave shift schedule ?

Toscan - April 1, 2024, 8:41 pm

The morning with a cup of joe. The early bird gets the worm is what they say anyway.

Peffer - April 1, 2024, 8:59 pm

I prefer evening time for work. we wont take much time stuck in traffic road.

DemonAsylum - April 1, 2024, 10:01 pm

(Apr 1, 2024 08:36 PM)Yanix Wrote: [\[CITE\]](#) I've used to work on night shift when I was on my college days so I know how it feels and the ways of being on grave shift schedule ?

How was that experience? I know many aren't a fan, but for some it suits them depending on the circumstance.

Yanix - April 1, 2024, 10:11 pm

(Apr 1, 2024 10:01 PM)DemonAsylum Wrote: [\[CITE\]](#) How was that experience? I know many aren't a fan, but for some it suits them depending on the circumstance.

I can say it isn't good but I need to go for it. I never had the opportunity to spend with my parents and my siblings, for I often out with friends whenever I got a day off. Mostly the time I have spent on our house was mostly spent catching up on sleep. That's my daily routine and I can't go back to that kind of lifestyle now I got my own family. It's important for me to be present and witness my children's growth firsthand.

DemonAsylum - April 1, 2024, 10:13 pm

(Apr 1, 2024 10:11 PM)Yanix Wrote: [\[CITE\]](#) I can say it isn't good but I need to go for it. I never had the opportunity to spend with my parents and my siblings, for I often out with friends whenever I got

a day off. Mostly the time I have spent on our house was mostly spent catching up on sleep. That's my daily routine and I can't go back to that kind of lifestyle now I got my own family. It's important for me to be present and witness my children's growth firsthand.

Well if nothing else, having experienced that other side of things and generally just that different lifestyle likely only makes you appreciate what you have now all the more. Or that's how I imagine I'd feel anyway.

Yanix - April 1, 2024, 10:16 pm

(Apr 1, 2024 10:13 PM)DemonAsylum Wrote: [\[CITE\]](#) Well if nothing else, having experienced that other side of things and generally just that different lifestyle likely only makes you appreciate what you have now all the more. Or that's how I imagine I'd feel anyway.

But that was just based only on my own experienced and maybe some others have another story of their own and find it more suitable for them with graveyard shift. ?

DemonAsylum - April 1, 2024, 10:18 pm

(Apr 1, 2024 10:16 PM)Yanix Wrote: [\[CITE\]](#) But that was just based only on my own experienced and maybe some others have another story of their own and find it more suitable for them with graveyard shift. ?

Agreed. Like I mentioned and as I've had some tell me, that shift suits them and so all the power to them of course ?

Yanix - April 1, 2024, 10:20 pm

(Apr 1, 2024 10:18 PM)DemonAsylum Wrote: [\[CITE\]](#) Agreed. Like I mentioned and as I've had some tell me, that shift suits them and so all the power to them of course ?

If only we got the chance to win on the Powerball draw we can make our own schedule of work and boss of our own business ?

DemonAsylum - April 1, 2024, 10:21 pm

(Apr 1, 2024 10:20 PM)Yanix Wrote: [\[CITE\]](#) If only we got the chance to win on the Powerball draw we can make our own schedule of work and boss of our own business ?

LMAO I'm saying bro. That'd be absolutely nutty and I'd be blessing the fuck out of so many people.

DaChosenOne - April 1, 2024, 10:27 pm

In the evening as it more calm.

DemonAsylum - April 1, 2024, 11:00 pm

(Apr 1, 2024 10:27 PM)DaChosenOne Wrote: [\[CITE\]](#) In the evening as it more calm.

That's how I feel when it comes to my work at home. I'm more calm and focused in the evening or even into the night.

gwiz - April 1, 2024, 11:04 pm

Last time I worked morning shift I got fired for not being able to stay awake (basically)

But I will be starting another morning shift job next week, so fingers crossed.

DemonAsylum - April 1, 2024, 11:09 pm

(Apr 1, 2024 11:04 PM)gwiz Wrote: [\[CITE\]](#) Last time I worked morning shift I got fired for not being able to stay awake (basically)

But I will be starting another morning shift job next week, so fingers crossed.

You were just running on a lack of sleep due to a bad sleep schedule or? If so, hopefully it's better now otherwise you might run into similar issues ?

gwiz - April 1, 2024, 11:19 pm

(Apr 1, 2024 11:09 PM)DemonAsylum Wrote: [\[CITE\]](#) You were just running on a lack of sleep due to a bad sleep schedule or? If so, hopefully it's better now otherwise you might run into similar issues ? Lack of sleep, new schedule, and I was prescribed high doses of like 4-5 CNS depressants.

I am still used to staying up super late, but I think I can adjust.

Oh nice Demon, did we both get this cool egg for replying to each other?

What a coincidence :D

Bastille - April 1, 2024, 11:24 pm

I'm more a morning guy, can't sleep late, I usually wake up at 6-7 AM

And I also prefer to finish my work early so I have free time to do stuff IRL such as groceries and so on

However, when I stay late, I'm more motivated by learning technical and hacking stuff than in the morning, probably because I used to study late years ago and I was studying these fields

DemonAsylum - April 1, 2024, 11:26 pm

(Apr 1, 2024 11:19 PM)gwiz Wrote: [\[CITE\]](#) Lack of sleep, new schedule, and I was prescribed high doses of like 4-5 CNS depressants.

I am still used to staying up super late, but I think I can adjust.

Oh nice Demon, did we both get this cool egg for replying to each other?

What a coincidence :D

Ahh I see and well I wish you the best of luck adjusting so that work isn't a complete dread in the morning haha. As for the egg, I already had mine, but congrats on yours! ?

Jamika - April 2, 2024, 3:58 am

Wow its strange how 11 is with morning and 11 with evening, the same exactly

DemonAsylum - April 2, 2024, 2:15 pm

(Apr 2, 2024 03:58 AM)Jamika Wrote: [\[CITE\]](#) Wow its strange how 11 is with morning and 11 with evening, the same exactly

I'm actually pretty surprised to see it so even as well honestly. Seems evening has now taken a point lead over morning, but still. To have it be double digits on each and so even is interesting. Maybe if we knew what all the people were doing for work it would make sense though as that definitely plays a factor for many I bet.

Yin Yang - April 2, 2024, 2:52 pm

I like a morning schedule

Goku - April 2, 2024, 2:56 pm

I work from 9 to 5. Every meeting and calling I do is after 12 xd

I am just not awake enough in the morning.

DemonAsylum - April 2, 2024, 3:49 pm

(Apr 2, 2024 02:56 PM)Goku Wrote: [\[CITE\]](#) I work from 9 to 5. Every meeting and calling I do is after 12 xd

I am just not awake enough in the morning.

I think everyone can relate to at least some point in there life whether it be with school or work having gone through a period of time when they feel it's just too fucking early doing any of that shit ?

Realj111 - September 2, 2024, 7:56 pm

Nothing better than working at night and having to deal with no one

Trust - September 3, 2024, 1:22 pm

I prefer the late morning. 9-10ish.

Gives me a little time to sleep in, but also time to do things after work still.

bobcry13 - September 3, 2024, 2:29 pm

I love working in the evening, I think it's just because I am a night owl and most definitely not a morning person. For me nothing beats working on stuff until 2 am and waking up at 12.

630 - September 3, 2024, 2:31 pm

I am out of the house around 545 AM on a daily basis and home by 3. I like getting that shit over with.

Jamika - September 3, 2024, 10:55 pm

(Sep 3, 2024 02:31 PM)630 Wrote: [\[CITE\]](#) I am out of the house around 545 AM on a daily basis and home by 3. I like getting that shit over with.

Damn you work so early, i have days when i sleep at 5 am lol

RangoWorld - September 4, 2024, 12:14 am

It's a tough one. Sometimes I like working in the morning. Sometimes in the evening. Often the problem I have is in the evening even though I can get interesting ideas, I get too tired by then.

Jamika - October 1, 2024, 2:25 am

Seems many prefer night work, i dont feel weird anymore lol

Hect0r - October 1, 2024, 3:57 am

Personally, I prefer to work from early in the morning, so that when it is over I have the rest of the day free.

jcole - October 1, 2024, 4:25 am

I wake up in the morning and go to work sometimes lasting me twelve to fifteen hours in a shift. I feel like I'm working the morning, and the evening at some points.

Epic - October 1, 2024, 6:26 am

Definitely the morning... the evening is reserved strictly for chillin and relaxing.

Mr_Kh4os - October 1, 2024, 6:31 am

(Mar 4, 2024 02:20 AM)Jamika Wrote: [\[CITE\]](#) Hello every one

So what u prefer if both is available, to work in the morning or in the evening?

For me i prefer evening, as it is more calm and less crowd

What about u?

Anytime really, sometimes even like 12-8AM is good for me.

Fish - October 1, 2024, 7:18 am

I prefer evening, but I'm definitely more productive in the morning... but I can't wake up early so that

makes it tricky

Confound - October 1, 2024, 8:11 am

I probably lean toward working in the mornings, but i'll do either.

silverspoon69 - October 1, 2024, 9:38 am

I try to work both during morning and evening hours, so that i can be active for my valuable clients. I try to squeeze in sleep in between

plops - October 1, 2024, 10:10 am

I definitely am a morning worker. I feel more productive and can relax in the evening when work is done. Otherwise I just sit anxiously waiting for work lol

Purgatory - October 1, 2024, 10:49 am

(Mar 4, 2024 02:20 AM)Jamika Wrote: [\[CITE\]](#) Hello every one

So what u prefer if both is available, to work in the morning or in the evening?

For me i prefer evening, as it is more calm and less crowd

What about u?

I prefer the evening simply because I don't have the energy to wake up in the fucking morning lmao. I am fat, and I wanna hibernate just a little longer haha

DemonAsylum - October 1, 2024, 2:07 pm

(Oct 1, 2024 02:25 AM)Jamika Wrote: [\[CITE\]](#) Seems many prefer night work, i dont feel weird anymore lol

You're in good company my friend ?

Jamika - October 1, 2024, 4:19 pm

(Oct 1, 2024 10:49 AM)Purgatory Wrote: [\[CITE\]](#) I prefer the evening simply because I don't have the energy to wake up in the fucking morning lmao. I am fat, and I wanna hibernate just a little longer haha

We all struggle to wake up in morning, but we had to do that

oRequiem - October 1, 2024, 4:20 pm

Morning for sure so I'm awake longer during the day/night

Fish - October 1, 2024, 4:43 pm

(Oct 1, 2024 04:20 PM)oRequiem Wrote: [\[CITE\]](#) Morning for sure so I'm awake longer during the day/night

I back mornings, I'm more productive in the morning. I'm up at night but I just can't get as much work done then

Jamika - October 1, 2024, 4:51 pm

(Oct 1, 2024 04:20 PM)oRequiem Wrote: [\[CITE\]](#) Morning for sure so I'm awake longer during the day/night

U can sleep till noon so u can sleep longer and awake longer

oRequiem - October 1, 2024, 4:54 pm

(Oct 1, 2024 04:51 PM)Jamika Wrote: [\[CITE\]](#) U can sleep till noon so u can sleep longer and awake longer

Well I can function on 6 hours of sleep.

That's usually what I've been doing.

Occasionally I would take naps during the day though sadly. Only for about an hour though so it's not too bad.

My schedule is pretty much Sleepy at 6:00 AM to 11:00 AM. The extra hour nap adds up to 6 hours of sleep. Not terrible.

Fish - October 1, 2024, 5:04 pm

(Oct 1, 2024 04:54 PM)oRequiem Wrote: [\[CITE\]](#) Well I can function on 6 hours of sleep. That's usually what I've been doing.

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My schedule is pretty much Sleepy at 6:00 AM to 11:00 AM. The extra hour nap adds up to 6 hours of sleep. Not terrible.

Even if I get 9 hours of sleep, I have a hard time getting out of bed

oRequiem - October 1, 2024, 5:05 pm

(Oct 1, 2024 05:04 PM)Fish Wrote: [\[CITE\]](#) Even if I get 9 hours of sleep, I have a hard time getting out of bed

I guess it depends if you're in deep sleep or not. I was in deep sleep last night so getting up at 2pm was even difficult.

Fish - October 1, 2024, 5:06 pm

(Oct 1, 2024 05:05 PM)oRequiem Wrote: [\[CITE\]](#) I guess it depends if you're in deep sleep or not. I was in deep sleep last night so getting up at 2pm was even difficult.

Getting up at 2 was difficult???? What time did you go to sleep at?

oRequiem - October 1, 2024, 5:07 pm

(Oct 1, 2024 05:06 PM)Fish Wrote: [\[CITE\]](#) Getting up at 2 was difficult???? What time did you go to sleep at?

6am like every night.

I usually sleep for 5-6 hours.

Jamika - October 1, 2024, 5:08 pm

(Oct 1, 2024 05:06 PM)Fish Wrote: [\[CITE\]](#) Getting up at 2 was difficult???? What time did you go to sleep at?

My brother wakes in Holidays at 1 or 2 pm and still feel in need to sleep too, so not strange for me, but he usually sleep at 5 am

Fish - October 1, 2024, 5:10 pm

(Oct 1, 2024 05:08 PM)Jamika Wrote: [\[CITE\]](#) My brother wakes in Holidays at 1 or 2 pm and still feel in need to sleep too, so not strange for me, but he usually sleep at 5 am

Wow! Thats a interesting sleep schedule, if you ask me. Any reason behind it? Is it like that for work, or?

Jamika - October 1, 2024, 5:12 pm

(Oct 1, 2024 05:10 PM)Fish Wrote: [\[CITE\]](#) Wow! Thats a interesting sleep schedule, if you ask me. Any reason behind it? Is it like that for work, or?

No, he keeps watching youtube and playing games online, time passes

Fish - October 1, 2024, 5:15 pm

(Oct 1, 2024 05:12 PM)Jamika Wrote: [\[CITE\]](#) No, he keeps watching youtube and playing games online, time passes

yup, fair enough. I know someone whos like that as well

Purgatory - October 1, 2024, 6:21 pm

(Oct 1, 2024 04:19 PM)Jamika Wrote: [\[CITE\]](#) We all struggle to wake up in morning, but we had to do that

I can understand that. I had to in Juvenile prison, but it never stuck. Could not stand it.

earacvent - October 2, 2024, 10:36 am

Morning is where it is, I tend to get sleepy in the evening.

Zalbai - October 3, 2024, 7:12 am

I prefer to do it in the morning as mental freshness and concentration are often at their highest at this time of day. I feel more rested and less distracted in the morning, which leads to greater productivity.

Jake Johnson - October 21, 2024, 11:20 am

I prefer working in the morning so I can get my work done during the day and then relax in the evening.

Epic - October 21, 2024, 11:48 am

Hmmm, I prefer working in the morning if it's "work related". For personal work I don't mind working in the evening, I like to keep my evenings open to do the things that I enjoy.

Jamika - October 21, 2024, 1:56 pm

(Oct 21, 2024 11:20 AM)Jake Johnson Wrote: [\[CITE\]](#) I prefer working in the morning so I can get my work done during the day and then relax in the evening.

(Oct 21, 2024 11:48 AM)Epic Wrote: [\[CITE\]](#) Hmmm, I prefer working in the morning if it's "work related". For personal work I don't mind working in the evening, I like to keep my evenings open to do the things that I enjoy.

But this may mean u will have to sleep early as u wake up early too right?

Envy - October 21, 2024, 2:00 pm

I think early morning and abnormally late at night seem to be my sweet spots.

Perks of having your own office and business I guess.

Jake Johnson - October 21, 2024, 2:28 pm

(Oct 21, 2024 01:56 PM)Jamika Wrote: [\[CITE\]](#) But this may mean u will have to sleep early as u wake up early too right?

Ahhh the joy of having a good sleep schedule lol. However, that can be quite challenging to actually have a good sleep schedule. I am in college right now so a lot of times I am up late and still getting up early so I just don't get the full 8 hours of sleep that is recommended. I tend to still stay up until at least 11PM sometimes until 1AM or a little after. Sometimes it does catch up to me and I do fall asleep earlier.

Epic - October 21, 2024, 5:32 pm

(Oct 21, 2024 01:56 PM)Jamika Wrote: [\[CITE\]](#) But this may mean u will have to sleep early as u wake up early too right?

Yea, in the long run it kinda goes like that. I don't get up super super early, usually not before 6.

DanielZ - October 21, 2024, 11:25 pm

definitely in the morning, to have all the rest day free.

Koyote - October 22, 2024, 3:12 am

I hate a love hate for both. I love waking up early and feeling fresh, or just a little tired, but more often I wake up early tired af and I hate that. I love evenings cuz the dark brings out the fun, but then it's like oh shit I gotta be up early tomorrow. The dichotomy haunts me.

Chrome - October 22, 2024, 5:32 am

I work all day pretty much so I would call it during the day or during the night. But During the day is preferred. I used to do some night shift stuff and as soon as it gets dark I get super tired.

2xTheTap115 - October 22, 2024, 8:55 pm

I strongly prefer morning shifts. I had the opportunity to work night and afternoon shifts for a long time, and I admit that it left a strong mark on my health and biological clock. An additional charm of morning shifts is the tempting vision of a free half of the day.

DanielZ - October 22, 2024, 9:57 pm

(Oct 22, 2024 08:55 PM)2xTheTap115 Wrote: [\[CITE\]](#) I strongly prefer morning shifts. I had the opportunity to work night and afternoon shifts for a long time, and I admit that it left a strong mark on my health and biological clock. An additional charm of morning shifts is the tempting vision of a free half of the day.

how long you were working to have an impact on your health?

2xTheTap115 - October 23, 2024, 12:03 am

(Oct 22, 2024 09:57 PM)DanielZ Wrote: [\[CITE\]](#) how long you were working to have an impact on your health?

For me, 2 years of working 12 -16 hours a day was enough. But the time will be different for everyone.