

Forum:[Hack Forums](#)

Thread: [I havent slept in 4 days](#)

Wispr - March 30, 2024, 7:25 am

Sooo even without the coke I never ever go to bed at night time. I prefer being awake at night. But for the last 4 days I have not got in bed or went to sleep... I have not slept once... the weird thing is I feel oddly refreshed, I took a shower like 6 hours ago and it still feels like I'm fresh out the shower. But my daughters daycare was closed all week so I'll get stuck on my pc down some rabbit hole and before I know it she's here. Then I have to watch and take care of her all day which I love doing by the way but all 4 days I told myself I was going to get some sleep this time.. idk what it is about laying in bed not doing anything. I have adhd like a mf and I have to be learning or doing something interesting to me

Colioo - March 30, 2024, 7:28 am

Have you thought about medication?

For some people, it 'straightens out' their thoughts and concentration.

I have adhd myself, medication doesnt work on me though..

DashPHP - March 30, 2024, 7:29 am

You're going to have one heck of a sleep haha.

Sleep is very important. Make time for it!

Mooooookie - March 30, 2024, 7:38 am

I know the feeling. I have an irregular heartbeat, that makes my heart beat faster then normal.. this in return prevents me from being able to sleep longer then 20-30mins. Hasn't always been this way, but over the years it eventually got worse, and started affecting my sleep.

The part about it affecting my sleep, never bothered me, as I prefer to stay up at night and do my work, as night is when it's the quietest, and most peaceful time.. so easy to get things done. The only downfall, after long periods of time with hardly any sleep, it catches up with the body.. and a 2-3 hour sleep will feel like I slept for a week.

Mustys - March 30, 2024, 8:15 am

You will sleep so long this time you go to bed, I feel you.

I used to do a lot of cocaine, but I made sure to never stay up more than one day, it happened of course but not often sometimes when I party, and maybe tops 36-40 hours then I went to bed.

I hope you get your rest bro

DustyDog123 - March 30, 2024, 8:42 am

Stay away from drugs kids.

SIM-3749878 - March 30, 2024, 10:36 am

(Mar 30, 2024 07:25 AM)x.Vibes.x Wrote: [\[CITE\]](#) Sooo even without the coke I never ever go to bed at night time. I prefer being awake at night. But for the last 4 days I have not got in bed or went to sleep... I have not slept once... the weird thing is I feel oddly refreshed, I took a shower like 6 hours ago and it still feels like I'm fresh out the shower. But my daughters daycare was closed all week so

I'll get stuck on my pc down some rabbit hole and before I know it she's here. Then I have to watch and take care of her all day which I love doing by the way but all 4 days I told myself I was going to get some sleep this time.. idk what it is about laying in bed not doing anything. I have adhd like a mf and I have to be learning or doing something interesting to meAre you off drugs now? If so, then remain off drugs and at least try to get back to a normal day rhythm. Your description of how you live hurts me, and if I am reading this right you have a daughter too? For fucks sake man, you sound like a total loser. Do not do cocaine or any other drugs and get your shit together and sleep and eat. If you do not feel tired then do any fucking thing but do not touch digital devices, leave the computer and the phone and the TV and do ANYTHING, clean your home or something. If you think you can fall asleep, then take that chance and do it. Your first step to fix this is to heal your body's normal function to sleep. If you're a cokehead then depending on for how long, it will take a while before you will have energy or motivation to do anything whilst sober. But just hang in there and know that it is temporary, you will come back, but you must stay clean. Fuck you ruined my evening, please quote me and tell me you're not using cocaine and have a daughter and have been up for 4 days. Fucking loser.

Bastille - March 30, 2024, 11:17 am

Sleep is very important man, are you on medication for your adhd ?

You should speak to a doctor if you're struggling to sleep, melatonine or xanax could help.

LarryDz - March 30, 2024, 11:24 am

You should try to get as much as sleep as you can while bingeing

SIM-3749878 - March 30, 2024, 11:29 am

(Mar 30, 2024 11:17 AM)Bastille Wrote: [\[CITE\]](#) xanax could help.Not a response to you Bastille, Sir, but just a comment to OP about xanax: If using xanax for sleep, then beware of fakes, and use it efficiently. My recommendation is to put 0.25mg under your tongue and let it dissolve. Do this and go to bed within 30 minutes. Also, bensos are for total losers, only use it if you are already fucked by stims.

Bastille - March 30, 2024, 11:40 am

(Mar 30, 2024 11:29 AM)Sharky Wrote: [\[CITE\]](#) Also, bensos are for total losers
Shit, I'm a taking Xanax ?

But you're right I should have been more clear, the melatonine / xanax part was correlated to the previous part of the sentence about the doctor, if he sees a doctor he could have a word about it with him

Jamika - March 30, 2024, 11:43 am

(Mar 30, 2024 07:25 AM)x.Vibes.x Wrote: [\[CITE\]](#) Sooo even without the coke I never ever go to bed at night time. I prefer being awake at night. But for the last 4 days I have not got in bed or went to sleep... I have not slept once... the weird thing is I feel oddly refreshed, I took a shower like 6 hours ago and it still feels like I'm fresh out the shower. But my daughters daycare was closed all week so I'll get stuck on my pc down some rabbit hole and before I know it she's here. Then I have to watch and take care of her all day which I love doing by the way but all 4 days I told myself I was going to get some sleep this time.. idk what it is about laying in bed not doing anything. I have adhd like a mf and I have to be learning or doing something interesting to me
You should visit a doctor, this is not a thing to brag about

Raven™ - March 30, 2024, 11:47 am

As said above, visit a doctor and get treated for Insomnia. It hits hard later , so treat yourself before it gets worse.

SIM-3749878 - March 30, 2024, 11:49 am

(Mar 30, 2024 11:40 AM)Yseurk Wrote: [\[CITE\]](#) Shit, I'm a taking Xanax ?

But you're right I should have been more clear, the melatonine / xanax part was correlated to the previous part of the sentence about the doctor, if he sees a doctor he could have a word about it with him Sorry for going off topic but I am interested :D Why do you use xanax? For fun or for medical reasons?

Bastille - March 30, 2024, 11:58 am

(Mar 30, 2024 11:49 AM)Sharky Wrote: [\[CITE\]](#) Sorry for going off topic but I am interested :D Why do you use xanax? For fun or for medical reasons?

Medical reasons, I've been through a burn out for different reasons and not only limited to my job, among lot of symptoms sometimes I'm struggling to fall asleep and this helps me, don't know how it works in the US but in France it's available through prescription only

SIM-3749878 - March 30, 2024, 12:03 pm

(Mar 30, 2024 11:58 AM)Yseurk Wrote: [\[CITE\]](#) Medical reasons, I've been through a burn out for different reasons and not only limited to my job, among lot of symptoms sometimes I'm struggling to fall asleep and this helps me, don't know how it works in the US but in France it's available through prescription only I think it is prescription only in most places. I'm glad that it helps you!

Absence - March 30, 2024, 12:04 pm

(Mar 30, 2024 11:49 AM)Sharky Wrote: [\[CITE\]](#) Sorry for going off topic but I am interested :D Why do you use xanax? For fun or for medical reasons?

I take it because the next day, I wake up with more money and stuff than the day before! Imao

Nah but really,

So OP, I sometimes have days where I don't sleep, and days where I sleep a lot, not linked to medication.

The best thing that has helped me with getting a better sleep pattern is exercise and eating habits. Cutting out the pop is doing wonders, although I seem to binge back into it every now and again.

hornyamy2123 - March 30, 2024, 4:31 pm

sleep debt incoming Imao

sfdhu - March 30, 2024, 9:10 pm

It's exhausting your body

Deany - March 30, 2024, 9:11 pm

Fug sleeping for real for real.

DemonAsylum - April 4, 2024, 2:06 pm

Been a couple of days since OP has been on here. Lets hope they're finally getting some fucking sleep Imao. I've gone through some similar struggles though. Even if you're tired or generally trying to get some sleep, you lay in bed and time just passes without you accomplishing anything Imao. Eventually in those cases I'll just get up, take a shower, and get my day going again. I've also had times where I try to reset my sleep schedule and I'll make it around or past 24 hours being awake so I can get to that point of a better time to fall asleep, but then I hit a random ass second wind and so end up staying up for another 10 hours for instance only to knock out right on par with my previous shit schedule I was trying to fix. Smh.

Eran - April 4, 2024, 2:12 pm

Say hi to the shadow people for me, sometimes I miss em

A.K. - April 4, 2024, 2:14 pm

Usually after 72 hours with no sleep, auditory and visual hallucinations can begin. You might not realize it at first, but if you're seeing shapes, dots, things out of your peripheral vision and then you focus in and nothings there, that your cue to get some sleep lol. Longer periods can result in more serious problems like full blown psychosis.

Hope you get some sleep soon.

DemonAsylum - April 4, 2024, 2:23 pm

(Apr 4, 2024 02:14 PM)A.K. Wrote: [\[CITE\]](#) Usually after 72 hours with no sleep, auditory and visual hallucinations can begin. You might not realize it at first, but if you're seeing shapes, dots, things out of your peripheral vision and then you focus in and nothings there, that your cue to get some sleep lol. Longer periods can result in more serious problems like full blown psychosis.

Hope you get some sleep soon.

I've been up for a 2-3 days on some occasions and while I don't recall crazy or full on hallucinations thankfully, some of the more minor things like you mentioned I definitely did. Hell even after just being up for over 24 hours you'll possibly notice some obvious effects. When you're not used to and not meant to be awake for that length of time, it's to be expected you're going to see some effects from such haha.

Yin Yang - April 4, 2024, 3:01 pm

Seek medical help and consult your doctor. Maybe you can get some ambien to help.

DemonAsylum - April 4, 2024, 3:04 pm

(Apr 4, 2024 03:01 PM)Yin Yang Wrote: [\[CITE\]](#) Seek medical help and consult your doctor. Maybe you can get some ambien to help.

Yeah, realistically this is what should be done of course. Living any bit regularly with such sleep depravation is obviously not ideal or healthy whatsoever. Not sure how often of an occurrence it is for OP, but if any more than once in very great while than 100% get checked out and get something for it.

A.K. - April 4, 2024, 3:34 pm

(Apr 4, 2024 02:23 PM)DemonAsylum Wrote: [\[CITE\]](#) I've been up for a 2-3 days on some occasions and while I don't recall crazy or full on hallucinations thankfully, some of the more minor things like you mentioned I definitely did. Hell even after just being up for over 24 hours you'll possibly notice some obvious effects. When you're not used to and not meant to be awake for that length of time, it's to be expected you're going to see some effects from such haha.

For me the hallucinations are generally pretty mild after 2-3 days, like thinking you see a dot or shadow here and there, hearing something else while listening to music or a video. The full blown crazy stuff starts happening after 4-5 days. It probably also has a lot to due with genetics, if you have a family history of bipolar or schizophrenia you might be more susceptible.

Either way though, sleep deprivation is definitely taxing on your body and mind and OP should probably consult medical help if it continues. The worst part is when you actually try and sleep and you still can't.

DemonAsylum - April 4, 2024, 3:45 pm

(Apr 4, 2024 03:34 PM)A.K. Wrote: [\[CITE\]](#) For me the hallucinations are generally pretty mild after 2-3 days, like thinking you see a dot or shadow here and there, hearing something else while

listening to music or a video. The full blown crazy stuff starts happening after 4-5 days. It probably also has a lot to do with genetics, if you have a family history of bipolar or schizophrenia you might be more susceptible.

Either way though, sleep deprivation is definitely taxing on your body and mind and OP should probably consult medical help if it continues. The worst part is when you actually try and sleep and you still can't.

Yeah the 2-3 days range sounds similar to my experiences as well. Noticeable, but nothing crazy. Can also confirm the worst part is definitely when you're genuinely trying all you can to knock out and you just fucking can't ?

Goku - April 4, 2024, 4:21 pm

Try exercising. Shit makes you tired as fuck, and you'll sleep as a baby.

Toscan - April 4, 2024, 4:39 pm

I've been there before but I don't think 4 days.. You really need some sleep that is not good. It will mess with your mental health in a bad way.

Try to listen to ASMR on youtube.

<https://www.youtube.com/@RaffyTaphy> Is one of the best. It's just sounds that stimulates your brain in a relaxing way. Trust me its weird but it works.

DemonAsylum - April 4, 2024, 4:48 pm

(Apr 4, 2024 04:21 PM)Goku Wrote: [\[CITE\]](#) Try exercising. Shit makes you tired as fuck, and you'll sleep as a baby.

This has gone both ways for me before. Sometimes it's made me fatigued and tired, but other times it's absolutely wired me up and or generally just given me a second wind ?

Syndicate - April 4, 2024, 4:53 pm

(Apr 4, 2024 04:48 PM)DemonAsylum Wrote: [\[CITE\]](#) This has gone both ways for me before. Sometimes it's made me fatigued and tired, but other times it's absolutely wired me up and or generally just given me a second wind ?

Some moderate exercise usually works out for me, I like to go on walks to help ?

DemonAsylum - April 4, 2024, 4:55 pm

(Apr 4, 2024 04:53 PM)Syndicate Wrote: [\[CITE\]](#) Some moderate exercise usually works out for me, I like to go on walks to help ?

Walks and bike rides or the stationary versions of them are solid for sure. Just vibing while getting some decent moderate exercise in as you said.

EliteDangerous - April 4, 2024, 6:03 pm

meditation can help alot man you can pull through this i believe in you

Motusora - April 4, 2024, 7:35 pm

i used to do this in my early 20's .

now im 30, my eyes will shutdown automatically and can sleep in just few minutes lol

ezraaw - April 4, 2024, 7:39 pm

you will go insane make sure to sleep

Biggs - April 4, 2024, 8:26 pm

Damn if it was a few days I would understand, but 4 seems like a lot. Did you sleep yet?

noreen - April 4, 2024, 9:09 pm

Have you thought about medication?

DemonAsylum - April 4, 2024, 11:24 pm

(Apr 4, 2024 08:26 PM)Biggs Wrote: [\[CITE\]](#) Damn if it was a few days I would understand, but 4 seems like a lot. Did you sleep yet?

Surely he did. He was online 2 hours ago as well and despite all of these people asking about him, providing suggestions, etc, he didn't reply at all yet ?

diiiaz - April 4, 2024, 11:42 pm

Go to bed lil broski.

DemonAsylum - April 4, 2024, 11:43 pm

(Apr 4, 2024 11:42 PM)diiiaz Wrote: [\[CITE\]](#) Go to bed lil broski.

I'm finna put you to bed one of these days diiaz.

diiiaz - April 4, 2024, 11:44 pm

(Apr 4, 2024 11:43 PM)DemonAsylum Wrote: [\[CITE\]](#) I'm finna put you to bed one of these days diiaz. Can't wait to be tucked in by the ONE and only DemonBitch.

DemonAsylum - April 4, 2024, 11:45 pm

(Apr 4, 2024 11:44 PM)diiiaz Wrote: [\[CITE\]](#) Can't wait to be tucked in by the ONE and only DemonBitch.

Damn straight. You better be ready to say "thank you DemonBitch, you tuck me in so good". ?

Absence - April 4, 2024, 11:50 pm

(Apr 4, 2024 07:35 PM)Motusora Wrote: [\[CITE\]](#) i used to do this in my early 20's .

now im 30, my eyes will shutdown automatically and can sleep in just few minutes lol

This has been my experience as I get older. I am not in my 30s, however, I am having less instances of being up for days. I am more and more likely to get as comfy as possible where I am, and fall asleep, whether conscious of the effort to or not, but I still have times where I am up for days randomly.

A couple years ago, it was bad enough to the point, I could lay in bed exhausted trying to sleep, disassociate and have open-eye/closed-eye visuals, almost as if I was sleeping.

I remember I had read about the Nutty Putty cave incident, and watched Ready Player One before trying to sleep. I felt I was dreaming wide awake about exploring hydrothermal caves and VR gaming, bordering drug visualizations.

Also, every time I would detox my body from all the bad stuff, I would stay up for days, even nicotine, caffeine, etc. So when I would do a cleanse of everything at once, was a bit tough.

diiiaz - April 4, 2024, 11:57 pm

(Apr 4, 2024 11:45 PM)DemonAsylum Wrote: [\[CITE\]](#) Damn straight. You better be ready to say "thank you DemonBitch, you tuck me in so good". ?

You are the best tucker 2024.

DemonAsylum - April 5, 2024, 12:03 am

(Apr 4, 2024 11:57 PM)diiiaz Wrote: [\[CITE\]](#) You are the best tucker 2024.

I appreciate the kind words and you entertaining my late night nonsense ??

diiiaz - April 5, 2024, 12:29 am

(Apr 5, 2024 12:03 AM)DemonAsylum Wrote: [\[CITE\]](#) I appreciate the kind words and you entertaining my late night nonsense ??

I see you trynna win that giveaway eh? ;)

DemonAsylum - April 5, 2024, 12:43 am

(Apr 5, 2024 12:29 AM)diiaz Wrote: [\[CITE\]](#) I see you trynna win that giveaway eh? ;)

Shit I can't lie, I wouldn't mind getting another one of the lucky awards ?

diiaz - April 5, 2024, 12:54 am

(Apr 5, 2024 12:43 AM)DemonAsylum Wrote: [\[CITE\]](#) Shit I can't lie, I wouldn't mind getting another one of the lucky awards ?

Give me one aswell. Thanks!

DemonAsylum - April 5, 2024, 1:03 am

(Apr 5, 2024 12:54 AM)diiaz Wrote: [\[CITE\]](#) Give me one aswell. Thanks!

With any LUCK, you will be one of the winners and get one ?

duane - April 5, 2024, 1:03 am

(Mar 30, 2024 07:25 AM)x.Vibes.x Wrote: [\[CITE\]](#) Sooo even without the coke I never ever go to bed at night time. I prefer being awake at night. But for the last 4 days I have not got in bed or went to sleep... I have not slept once... the weird thing is I feel oddly refreshed, I took a shower like 6 hours ago and it still feels like I'm fresh out the shower. But my daughters daycare was closed all week so I'll get stuck on my pc down some rabbit hole and before I know it she's here. Then I have to watch and take care of her all day which I love doing by the way but all 4 days I told myself I was going to get some sleep this time.. idk what it is about laying in bed not doing anything. I have adhd like a mf and I have to be learning or doing something interesting to me

Did you finally get some sleep?! & Coke? Or addy and coke lol ?

DemonAsylum - April 5, 2024, 2:25 pm

(Apr 5, 2024 01:03 AM)duane Wrote: [\[CITE\]](#) Did you finally get some sleep?! & Coke? Or addy and coke lol ?

OP still has us waiting on the edge of our seat to find out how long it was until they finally knocked the fuck out and also how they've been since ??

gankeshane4564 - May 8, 2024, 7:38 pm

Well, try some excercise to exhaust yourself first

Zher0 - May 8, 2024, 8:56 pm

(Mar 30, 2024 07:25 AM)x.Vibes.x Wrote: [\[CITE\]](#) Sooo even without the coke I never ever go to bed at night time. I prefer being awake at night. But for the last 4 days I have not got in bed or went to sleep... I have not slept once... the weird thing is I feel oddly refreshed, I took a shower like 6 hours ago and it still feels like I'm fresh out the shower. But my daughters daycare was closed all week so I'll get stuck on my pc down some rabbit hole and before I know it she's here. Then I have to watch and take care of her all day which I love doing by the way but all 4 days I told myself I was going to get some sleep this time.. idk what it is about laying in bed not doing anything. I have adhd like a mf and I have to be learning or doing something interesting to me

I feel the rabbit hole thing... i always for get to eat. But, yeah sleep is serious, i would look into getting help man.

Mooooookie - May 8, 2024, 10:08 pm

(Mar 30, 2024 07:25 AM)x.Vibes.x Wrote: [\[CITE\]](#) Sooo even without the coke I never ever go to bed

at night time. I prefer being awake at night. But for the last 4 days I have not got in bed or went to sleep... I have not slept once... the weird thing is I feel oddly refreshed, I took a shower like 6 hours ago and it still feels like I'm fresh out the shower. But my daughters daycare was closed all week so I'll get stuck on my pc down some rabbit hole and before I know it she's here. Then I have to watch and take care of her all day which I love doing by the way but all 4 days I told myself I was going to get some sleep this time.. idk what it is about laying in bed not doing anything. I have adhd like a mf and I have to be learning or doing something interesting to me

Hope you can get yourself to sleep after some time. While it may feel good not going to sleep now, and staying up all night, but eventually it catches up with the body. Wouldn't want to see you fall asleep driving or nothing like that!

Chung - May 9, 2024, 2:23 am

(Mar 30, 2024 07:25 AM)x.Vibes.x Wrote: [\[CITE\]](#) Sooo even without the coke I never ever go to bed at night time. I prefer being awake at night. But for the last 4 days I have not got in bed or went to sleep... I have not slept once... the weird thing is I feel oddly refreshed, I took a shower like 6 hours ago and it still feels like I'm fresh out the shower. But my daughters daycare was closed all week so I'll get stuck on my pc down some rabbit hole and before I know it she's here. Then I have to watch and take care of her all day which I love doing by the way but all 4 days I told myself I was going to get some sleep this time.. idk what it is about laying in bed not doing anything. I have adhd like a mf and I have to be learning or doing something interesting to me

Holy shizzle. It's been a while since you posted this so hope you've managed to sleep since!

Mooooookie - May 10, 2024, 4:03 am

(Mar 30, 2024 07:25 AM)x.Vibes.x Wrote: [\[CITE\]](#) -Snip-

Have you managed to get some sleep yet? Sleep deprivation can have some pretty bad effects on the body if left untreated for too long. Shit is fun staying up for days at a time when you're in your teens, try that shit in your 30's and it has a completely different effect.