

Forum:[Hack Forums](#)

Thread: [How many hours do you sleep?](#)

Deany - October 3, 2024, 6:49 am

Honestly it's so hard for me to get a proper sleep. I probably sleep like 5-6 hours a day.

Money- - October 3, 2024, 6:52 am

Get at least 7-8 or the most minimum 7. 5-6 still feels dying honestly. I used to sleep 10 or more when I was a younger boy. Nowadays I just sleep max 7-8 which is weird , I thought i needed more to feel like connor mcgregor u know? Turns out I guess I saved more time now in my daily life.

Zalbai - October 3, 2024, 6:55 am

I don't sleep. I haven't slept for several years.

Aurelius - October 3, 2024, 7:44 am

7-8 hours if less i feel tired all day and sleepy

Deany - October 3, 2024, 7:44 am

(Oct 3, 2024 06:55 AM)Zalbai Wrote: [\[CITE\]](#) I don't sleep. I haven't slept for several years. I don't sleep anymore either, it's quite strange.

Mooooookie - October 3, 2024, 7:45 am

Not many.. maybe 2-3 at the most. Might get a little nap later on during the day, but overall I don't get much sleep.

Money- - October 3, 2024, 7:46 am

(Oct 3, 2024 07:45 AM)Mooooookie Wrote: [\[CITE\]](#) Not many.. maybe 2-3 at the most. Might get a little nap later on during the day, but overall I don't get much sleep.

Why is that so? Its not really good sleeping like that. 2-3 hours is dying for real. Life span reduced , aging increases and many more factors.

Epic - October 3, 2024, 7:54 am

(Oct 3, 2024 07:45 AM)Mooooookie Wrote: [\[CITE\]](#) Not many.. maybe 2-3 at the most. Might get a little nap later on during the day, but overall I don't get much sleep.

Yo this is craaazy, how are you still alive lmao.

Personally I prefer 7 hours at a minimum, and ideally 8-9 hours a night.

Purgatory - October 3, 2024, 7:59 am

(Oct 3, 2024 06:49 AM)Deany Wrote: [\[CITE\]](#) Honestly it's so hard for me to get a proper sleep. I probably sleep like 5-6 hours a day.

It varies between nights and shit, sometimes a lot, sometimes not at all

jcole - October 3, 2024, 8:14 am

For months I was working minimum 14 hour days, and would aim for 7 hours of sleep every night. Now I seem to be getting closer to 8 hours of sleep and working less lately.

edgyseptic - October 3, 2024, 8:33 am

(Oct 3, 2024 07:59 AM)Purgatory Wrote: [\[CITE\]](#) It varies between nights and shit, sometimes a lot,

sometimes not at all

we literally have the same sleep schedule, lol. once we started talking, both of ours got fucked haha

Purgatory - October 3, 2024, 8:34 am

(Oct 3, 2024 08:33 AM)edgyseptic Wrote: [CITE](#) we literally have the same sleep schedule, lol. once we started talking, both of ours got fucked haha

Fucking true lmfao, shit happens

ahw9n2io8wd9h - October 3, 2024, 10:02 am

My sleep schedule is fugged.

I sleep from around 4AM - 5AM to 9AM - 10AM and then I take a nap at around 3PM

N - October 3, 2024, 10:12 am

4-6 depends on the day / how the night went. I have a nice mattress so even if I feel like sleeping longer I just feel like it's enough with 4-6.

sharn - October 3, 2024, 12:08 pm

I try to get at least 6 hours of sleep, but sometimes I end up staying up later than I should.

DashPHP - October 3, 2024, 12:09 pm

Sleep is important and I try sleep for 6-9 hours!

SuseGD - October 3, 2024, 3:30 pm

I try to get at least 8-10 hours of sleep per night, but this happens very rarely. It usually ends up being only around 5-6 hours of sleep each night. I'm trying to improve my sleep schedule, but it's been a bit tough.

Yin Yang - October 3, 2024, 3:32 pm

I shoot for that 6-8 as well

Charlie Sheen - October 3, 2024, 3:55 pm

Between 3 and 6 hours. Depends on how much is on my mind. Sometimes when there's a lot going on I can't get any sleep.

Portugals - October 3, 2024, 3:56 pm

I sleep 8-10 hours a day

Prawnster - October 3, 2024, 4:11 pm

At the minute, it's about 4-6 hours tops.

If I sleep more, I feel worse than if I sleep like 2-3 hours lmfao.

Think that means I am past the point of no return hahaha.

Jinu - October 3, 2024, 7:36 pm

I used to sleep 5-6 hours but sometimes less than that. Can't able to sleep a solid 8 hours.

Mementobroski - October 9, 2024, 4:25 am

4 hours to 7 hours per night but when I'm out for the night it can be 10hours to drain the drinks out haha

Radi - October 9, 2024, 1:32 pm

Most commonly I sleep between 5-6 hours due to having too many things to do in one day but on

certain occasions or weekends about 7-8 hours just to rest up before back to the grind.

Jamika - October 9, 2024, 3:25 pm

(Oct 3, 2024 06:49 AM)Deany Wrote: [\[CITE\]](#) Honestly it's so hard for me to get a proper sleep. I probably sleep like 5-6 hours a day.

Usually 6-8 hours but in general its 6, i wake early hating to wake, but cant sleep early for no reason

Prawnster - October 9, 2024, 3:37 pm

(Oct 3, 2024 04:11 PM)Prawnster Wrote: [\[CITE\]](#) At the minute, it's about 4-6 hours tops.

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Little update on my sleep now ^

Tried to change things around and sleep 8 hours a night like I'm meant to and I have been feeling sluggish and drained all day Imfao never doing that shit again ?

Radi - October 9, 2024, 4:59 pm

(Oct 9, 2024 03:37 PM)Prawnster Wrote: [\[CITE\]](#) Little update on my sleep now ^

Tried to change things around and sleep 8 hours a night like I'm meant to and I have been feeling sluggish and drained all day Imfao never doing that shit again ?

For some people getting 8 hours does the counter opposite effect wise like my friend he started getting 8 hours of sleep and he was complaining about feeling slow and drained that he had to start drinking energy drinks which is even worse for you. I guess it depends person to person some require less and some even more than others.

codeine. - October 9, 2024, 9:28 pm

my schedule is so rekt lol some days i sleep 3-5 hours cause of work after staying up 24 hours and then to recover i sleep like 14-18 hours lmao

Eran - October 9, 2024, 11:41 pm

Most of the times I average about 7 hours.

codeine. - October 10, 2024, 1:04 am

(Oct 9, 2024 03:37 PM)Prawnster Wrote: [\[CITE\]](#) Little update on my sleep now ^

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Imaoo im the same way for me its either few hours and i feel great or i have to hibernate like 12-18 hours or else i feel like shit

Deany - October 10, 2024, 7:05 am

(Oct 10, 2024 07:04 AM)Sox Wrote: [\[CITE\]](#) Last night I think I actually slept for over 6 hours.

The night before I woke up @ 3am, and could not go back to sleep.

You got 6 hours of high quality sleep

Prawnster - October 13, 2024, 8:39 am

(Oct 9, 2024 04:59 PM)Radi Wrote: [\[CITE\]](#) For some people getting 8 hours does the counter opposite effect wise like my friend he started getting 8 hours of sleep and he was complaining about

feeling slow and drained that he had to start drinking energy drinks which is even worse for you. I guess it depends person to person some require less and some even more than others.

Yeah, I function much much better on less sleep.

I feel sharper and more in-tuned with what's going on around me for sure.

(Oct 10, 2024 01:04 AM)codeine. Wrote: [\[CITE\]](#) Imaoo im the same way for me its either few hours and i feel great or i have to hibernate like 12-18 hours or else i feel like shit

Yeah, hibernating for like 12-18 hours is what I do if I'm like ill or really badly hungover - Most times though, I'll just wake up and get to it hahah.

Money- - October 13, 2024, 5:52 pm

(Oct 13, 2024 08:39 AM)Prawnster Wrote: [\[CITE\]](#) Yeah, I function much much better on less sleep.

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You feel much better on less sleep it might be because you are working on adrenaline rush etc.

How is less sleep for you though? 3 hours? 4 hours? that's for sure your body is tired but you force it to be awake and it will rely on adrenaline to power up through the day which is actually bad for the heart though.

Its like how these MMA fighters fight , you get kicked hard in the legs but your adrenaline rush is keeping you from feeling that much pain at that moment until you sleep and you feel ur leg hurts as fuck the next day once you calmed down your receptors and live normally.

You feel more sharper ofcus due to that boost u got from your body but once u sleep enough u feel sluggish the next day cause your body don't really need to help power through the day anymore and returns to normal.

Mooooookie - October 13, 2024, 6:25 pm

The amount of hours that I sleep varies, it's never the same every night.. but it's never too many hours. Maybe 3-4 hours if I'm lucky, and then will catch a nap later on in the day.

Mr_Kh4os - October 13, 2024, 6:27 pm

Generally not that many 4-6 at best currently have some hectic things going on.

Yin Yang - October 13, 2024, 7:31 pm

Haven't been sleeping as much lately; new Diablo season lol

Cap - October 13, 2024, 8:28 pm

I'd say my range is 5-7 hours per night. I'd love more but I can't with kids and everything else.

Vip?r - October 13, 2024, 8:29 pm

8 on a bad day 10 on a good day

Chrome - October 14, 2024, 8:45 am

I generally got about 6-8 hours a night.

Prawnster - October 14, 2024, 11:21 am

(Oct 13, 2024 05:52 PM)Money- Wrote: [\[CITE\]](#) You feel much better on less sleep it might be because you are working on adrenaline rush etc.

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Less sleep is 5-6 hours normally, that's how much I normally get through the days.

Mr_Kh4os - October 14, 2024, 11:27 am

Wow I am impressed by some of you getting so much sleep, hopefully one day I can get back to at least 6-8 hours haha XD.

Jake Johnson - October 14, 2024, 11:28 am

I usually average between 6-7 hours most nights. Sometimes it can be a little less like 5 hours and sometimes 8 hours or more if I am really tired. I am a person though who just wakes up at the same time every morning even if I go to bed late. I then just get up because I hate just lying around in bed when I could be doing something more productive.

Confound - October 14, 2024, 4:44 pm

Dude 5-6 hours is not enough! But I get it, I unfortunately can relate. But I hope to get 6-7 hours a night.

Pimping - October 14, 2024, 5:37 pm

About 8-9 hours for me sometimes 7

Angrybird945 - October 14, 2024, 8:51 pm

Usually 7, sometimes 6. It's been inconsistent ever since I started taking mid-day naps.

Envy - October 14, 2024, 9:00 pm

Anywhere between 5-7 hours is the sweet spot.

notnxiu23 - October 15, 2024, 1:38 am

I try to get that 8-9 hours because I am an athlete but sometimes I only get like 7-7.5

UltraexTrader - October 15, 2024, 5:56 am

Usually around 7-8 hours, sometimes when I got more work I will do like 6.5h.

The Pact - October 15, 2024, 6:14 am

I really don't like when I only get 5 according to my Samsung health. I want to get 7 or 8.