

Forum:[Hack Forums](#)

Thread: [Sleep routine](#)

123browser - October 5, 2024, 1:19 pm

How does peoples sleep routine look on here?

Mine is about 12-8

SuseGD - October 5, 2024, 1:20 pm

I try to sleep at around 10 or 11, and I try to get at least 8-9 hours of sleep every day. Sometimes it's a bit difficult to manage my sleep schedule, but I'm always working on improving it.

Bastille - October 5, 2024, 1:23 pm

It depends, I've been under a burnout since september 2023, so sometimes I have insomnias, when it happens I usually wake up between 3 and 5AM, wether I went to bed at 8PM or 11PM, it sucks when I only sleep 4 or 5 hours ...

Otherwise I used to sleep between 10PM and 5AM, it allowed me to go to the gym at 6AM when it's empty

123browser - October 5, 2024, 1:24 pm

(Oct 5, 2024 01:23 PM)Bastille Wrote: [\[CITE\]](#) It depends, I've been under a burnout since september 2023, so sometimes I have insomnias, when it happens I usually wake up between 3 and 5AM, wether I went to bed at 8PM or 11PM, it sucks when I only sleep 4 or 5 hours ...

Otherwise I used to sleep between 10PM and 5AM, it allowed me to go to the gym at 6AM when it's empty

I am happy to hear you take advantage of something that could only be negative

SuseGD - October 5, 2024, 1:29 pm

(Oct 5, 2024 01:23 PM)Bastille Wrote: [\[CITE\]](#) It depends, I've been under a burnout since september 2023, so sometimes I have insomnias, when it happens I usually wake up between 3 and 5AM, wether I went to bed at 8PM or 11PM, it sucks when I only sleep 4 or 5 hours ...

Otherwise I used to sleep between 10PM and 5AM, it allowed me to go to the gym at 6AM when it's empty

Insomnia definitely sucks. Going to the gym early in the morning is pretty nice, it gets you energized and ready for the rest of the day.

Epic - October 5, 2024, 2:04 pm

I usually go to sleep around 10-11 PM, and get up around 7 AM. Sometimes stay up a little later on the weekends, and sleep in a bit if I don't have any obligations. Definitely need my sleep.

Vip?r - October 5, 2024, 2:06 pm

ideally it's 10-750 but i usually push 11-12

Aeowulf - October 5, 2024, 8:36 pm

I try to get 8 hours, but usually end up getting 6.5 to 7 hours per night.

qwj888 - October 5, 2024, 10:04 pm

Do you have a project to sell cookies for scanning the booking website? I am currently using the BL checker for scanners and similar devices, but it is completely unusable

Jamika - October 6, 2024, 6:09 am

(Oct 5, 2024 01:19 PM)123browser Wrote: [\[CITE\]](#) How does peoples sleep routine look on here?
Mine is about 12-8
Never reached that 8, usually from 4 to 8 in seldom cases, but usually 6

Omniscient - October 7, 2024, 12:30 pm

Typically 12-7am. I might be in bed before that time but normally closer to midnight I'm actually falling asleep. I love waking up early and getting right to work. I can bang out so much stuff from 8am-1pm then I have my own free time in the afternoon.

123browser - October 9, 2024, 1:15 am

(Oct 7, 2024 12:30 PM)Omniscient Wrote: [\[CITE\]](#) Typically 12-7am. I might be in bed before that time but normally closer to midnight I'm actually falling asleep. I love waking up early and getting right to work. I can bang out so much stuff from 8am-1pm then I have my own free time in the afternoon.

You seem to have your routine in order. No wonder the forum is the way it is!
Keep it up Mr. Omniscient?

diablospartan - October 9, 2024, 3:40 am

Well for me 8 hours its to much 4 to 6 hours its enough
I think life its too short to sleep 8 hours ,of course i dont recomend my routine and i dont say that sleeping 8 hours its bad

Chrome - October 9, 2024, 3:43 am

Mine is pretty cooked at the moment, I am in between jobs so I am having mid day naps lol

123browser - October 9, 2024, 3:56 am

(Oct 9, 2024 03:43 AM)Chromeproducts Wrote: [\[CITE\]](#) Mine is pretty cooked at the moment, I am in between jobs so I am having mid day naps lol
That routine doesn't sound so tempting... I hope the reward is good !!

Chrome - October 9, 2024, 4:51 am

(Oct 9, 2024 03:56 AM)123browser Wrote: [\[CITE\]](#) That routine doesn't sound so tempting... I hope the reward is good !!
I don't recommend but I have too much spare time rn lol.

sharn - October 13, 2024, 12:42 pm

I only need about 6 hours of sleep, so I usually go to bed around midnight and wake up at 6 AM.

Eran - October 14, 2024, 11:14 am

It depends, but I am now working on making it 11-7.

123browser - October 14, 2024, 11:22 am

(Oct 13, 2024 12:42 PM)sharn Wrote: [\[CITE\]](#) I only need about 6 hours of sleep, so I usually go to bed around midnight and wake up at 6 AM.

You joined in 2007... You have bunch of rewards and stuff but barely replied or made any posts.... Very interesting and impressive at the same time.

Is there any explanation ??

It has been hard. Right now it's something like 2-3AM to 10-11AM.