

Forum:[Hack Forums](#)

Thread: [Whats the longest youve slept, no drugs, medicine etc.](#)

Jake Johnson - October 22, 2024, 7:58 am

What's the longest you've slept, no drugs, medicine etc... to help you sleep better. Just what is the longest amount of time you have slept naturally.

Mine is probably like 9 or 10 hours. I am not a person who can just sleep all day as I get up at the same time every morning, even if I don't want to.

DashPHP - October 22, 2024, 7:59 am

9-10. These days I naturally wake up after 6 or so hours of sleeping.

Gem - October 22, 2024, 8:00 am

Hard to say if we're excluding times I've woken up during sleep.

Lil Buddy - October 22, 2024, 8:01 am

Proly a little over 12 hours but only happens when i completely exhaust myself.

Jake Johnson - October 22, 2024, 8:01 am

(Oct 22, 2024 07:59 AM)DashPHP Wrote: [\[CITE\]](#) 9-10. These days I naturally wake up after 6 or so hours of sleeping.

Same with me.

(Oct 22, 2024 08:00 AM)Gem Wrote: [\[CITE\]](#) Hard to say if we're excluding times I've woken up during sleep.

I guess you could do both. Longest excluding those times and longest including waking up during sleep.

Chrome - October 22, 2024, 8:02 am

I slept for 14 hours once. This was after being awake for over 48 hours. I woke up feeling very lost.

Gem - October 22, 2024, 8:03 am

Actually, now that I think about it, there was one time where I stayed up for 3 days without sleeping, and after that slept for 16 hours. No drugs, just coffee and cigarettes.

Jake Johnson - October 22, 2024, 8:04 am

(Oct 22, 2024 08:02 AM)Chromeproducts Wrote: [\[CITE\]](#) I slept for 14 hours once. This was after being awake for over 48 hours. I woke up feeling very lost.

I can see why you would sleep for 14 hours after being awake for over 48 hours!

(Oct 22, 2024 08:03 AM)Gem Wrote: [\[CITE\]](#) Actually, now that I think about it, there was one time where I stayed up for 3 days without sleeping, and after that slept for 16 hours. No drugs, just coffee and cigarettes.

Staying up for 3 days without sleep is crazy! I don't think I could do that lol

Chrome - October 22, 2024, 8:06 am

(Oct 22, 2024 08:04 AM)Jake Johnson Wrote: [\[CITE\]](#) I can see why you would sleep for 14 hours after being awake for over 48 hours!

Staying up for 3 days without sleep is crazy! I don't think I could do that lol
Yeah it sucked though because I still overslept so I was super tired, within 3 hours I was back asleep.

Jake Johnson - October 22, 2024, 8:07 am

(Oct 22, 2024 08:06 AM)Chromeproducts Wrote: [\[CITE\]](#) Yeah it sucked though because I still overslept so I was super tired, within 3 hours I was back asleep.
Must have taken a bit to get your sleep schedule back on track after that.

Gem - October 22, 2024, 8:08 am

(Oct 22, 2024 08:04 AM)Jake Johnson Wrote: [\[CITE\]](#) Staying up for 3 days without sleep is crazy! I don't think I could do that lol
I had been working on a big project for a client, and a few weeks after launch, the whole thing crashed. I spent 3 days trying to fix it, and when I finally did, at 3 AM on a Saturday, I sat outside with a beer and a cigarette. Those 16 hours were the best sleep I have ever had.

Chrome - October 22, 2024, 8:09 am

(Oct 22, 2024 08:07 AM)Jake Johnson Wrote: [\[CITE\]](#) Must have taken a bit to get your sleep schedule back on track after that.

Mine is pretty fucked now too. I haven't worked in over 2 weeks and when I return to work it will be tricky. I am currently staying up until 3am every night, waking up at 8am to drop my son off at daycare then at 11am or 12pm I will name for 3 hours. Not a good combo.

Jake Johnson - October 22, 2024, 8:09 am

(Oct 22, 2024 08:08 AM)Gem Wrote: [\[CITE\]](#) I had been working on a big project for a client, and a few weeks after launch, the whole thing crashed. I spent 3 days trying to fix it, and when I finally did, at 3 AM on a Saturday, I sat outside with a beer and a cigarette. Those 16 hours were the best sleep I have ever had.
I bet those 16 hours were the best sleep ever haha! I'd be dead probably after 24 hours lol.

Rionxee - October 22, 2024, 8:11 am

16 hours after a flight back home from Australia and being on 0 sleep for 24 hours prior. Absolutely exhausted. Sleep schedule was a wreck but I desperately needed as much shut eye as I could get.

Game - October 22, 2024, 8:12 am

When I was unwell one time in my teens I slept for about 18 hours. Woke up feeling exhausted at around 7-8pm and went back to sleep until the next morning and woke up at 5am.

Epic - October 22, 2024, 8:12 am

Hmmmm, probably around 11 or 12 hours. It was after coming back from a trip, and I was super tired from traveling and all the jet lag. Fell asleep a little after midnight the day I got back, and didn't wake up till noon the next day, lol.

Jake Johnson - October 22, 2024, 8:15 am

(Oct 22, 2024 08:11 AM)Rionxee Wrote: [\[CITE\]](#) 16 hours after a flight back home from Australia and being on 0 sleep for 24 hours prior. Absolutely exhausted. Sleep schedule was a wreck but I desperately needed as much shut eye as I could get.
Long flights always make me tired. I bet that sleep felt so good!

(Oct 22, 2024 08:12 AM)Game Wrote: [\[CITE\]](#) When I was unwell one time in my teens I slept for about 18 hours. Woke up feeling exhausted at around 7-8pm and went back to sleep until the next

morning and woke up at 5am.

Hopefully the sleep made you feel better during that time.

(Oct 22, 2024 08:12 AM)Epic Wrote: [\[CITE\]](#) Hmmmm, probably around 11 or 12 hours. It was after coming back from a trip, and I was super tired from traveling and all the jet lag. Fell asleep a little after midnight the day I got back, and didn't wake up till noon the next day, lol.

Jet lag always messes me up!

Chrome - October 22, 2024, 8:30 am

So I looked up the world record of the longest sleep and it reckon 8 consecutive days.

Jake Johnson - October 22, 2024, 8:39 am

(Oct 22, 2024 08:30 AM)Chromeproducts Wrote: [\[CITE\]](#) So I looked up the world record of the longest sleep and it reckon 8 consecutive days.

Holy shit! Like someone naturally slept 8 consecutive days? They weren't like unconscious were they?

Chrome - October 22, 2024, 8:40 am

(Oct 22, 2024 08:39 AM)Jake Johnson Wrote: [\[CITE\]](#) Holy shit! Like someone naturally slept 8 consecutive days? They weren't like unconscious were they?

"A UK hypnotist named Peter Powers currently holds the record for the longest time asleep without waking. In 1959, he put himself into a hypnotic sleep that lasted an impressive eight consecutive days (2)."

Jake Johnson - October 22, 2024, 8:44 am

(Oct 22, 2024 08:40 AM)Chromeproducts Wrote: [\[CITE\]](#) "A UK hypnotist named Peter Powers currently holds the record for the longest time asleep without waking. In 1959, he put himself into a hypnotic sleep that lasted an impressive eight consecutive days (2)."

That is very impressive. I didn't think of hypnosis!

Chrome - October 22, 2024, 8:45 am

(Oct 22, 2024 08:44 AM)Jake Johnson Wrote: [\[CITE\]](#) That is very impressive. I didn't think of hypnosis!

I wonder what the longest is without hypnosis.

Snowwy - October 22, 2024, 8:48 am

Probably like 14 or so hours. Not many times has that happened though.

Mr_Kh4os - October 22, 2024, 9:10 am

Naturally 14 hours, if I have blackout curtains up its over lol I am out.

Eran - October 22, 2024, 10:59 am

16 hours, 17 maybe. Was after a fun but exhausting music festival this year.

LeetSpeed - October 22, 2024, 8:06 pm

My longest time sleeping was 16 hours. It was a long week and I needed that sleep.

DanielZ - October 22, 2024, 9:55 pm

only 9-10 hours is your record? bro..., that's my daily sleep

sharn - October 24, 2024, 4:28 am

After a big concert, I ended up sleeping for 12 hours. My body definitely needed to recover.

