

Forum:[Hack Forums](#)

Thread: [Whats the longest period of time you have gone without sleep?](#)

Game - October 22, 2024, 8:18 am

How long have you gone without sleep with no naps or assistance from drugs/medicine.

I'll allow caffeine as we all indulge in tea/coffee to keep us going.

Me personally, I've probably stayed awake for about 2-3 days straight without sleep. I tend to have a lot of late nights, especially now that I am unemployed.

Epic - October 22, 2024, 8:21 am

I think I made it 24 hours once, but I could hardly stand up at that point. I was camping with some friends and we thought it would be fun to try and stay up all night, ended up being not that fun, lol.

I definitely need my sleep to function my best, but I admire people who are able to function well on little sleep.

Chrome - October 22, 2024, 8:22 am

It was over 48 hours, I was an idiot indeed.

Money- - October 22, 2024, 8:26 am

I think probably 1 day max. 2-3 days you are crazy I thought a person would die of heart attack if it goes over 2-3 days damn man.

Game - October 22, 2024, 8:26 am

(Oct 22, 2024 08:21 AM)Epic Wrote: [\[CITE\]](#) I think I made it 24 hours once, but I could hardly stand up at that point. I was camping with some friends and we thought it would be fun to try and stay up all night, ended up being not that fun, lol.

I definitely need my sleep to function my best, but I admire people who are able to function well on little sleep.

Yeah I can function quite well without sleep if I have something to do that I enjoy doing. As soon as I'm presented with something boring that I don't enjoy, I become a zombie.

Every few days I'll do a little 24-48 hours awake. I try to catch up when I can though.

(Oct 22, 2024 08:26 AM)Money- Wrote: [\[CITE\]](#) I think probably 1 day max. 2-3 days you are crazy I thought a person would die of heart attack if it goes over 2-3 days damn man.

I think I'll need to look into this as I do it regularly. I'm not working so my sleep pattern is crazy and I feel like sleep is a waste of my time as I'm doing everything I can to make money while unemployed.

I will definitely try to find some more balance though as I have been getting what feels like palpitations... eek...

Chrome - October 22, 2024, 8:28 am

(Oct 22, 2024 08:26 AM)Money- Wrote: [\[CITE\]](#) I think probably 1 day max. 2-3 days you are crazy I thought a person would die of heart attack if it goes over 2-3 days damn man.

The world record is 11 days and 24 minutes.

Game - October 22, 2024, 8:30 am

(Oct 22, 2024 08:28 AM)Chromeproducts Wrote: [\[CITE\]](#) The world record is 11 days and 24 minutes. Honestly, that's insane. Once I reach 48 hours I become a narcoleptic zombie. If I get bored or sit still for too long without a stimulant, I'm snoring.

I play a lot of video games to stay stimulated, and get adrenaline.

Chrome - October 22, 2024, 8:38 am

(Oct 22, 2024 08:30 AM)Game Wrote: [\[CITE\]](#) Honestly, that's insane. Once I reach 48 hours I become a narcoleptic zombie. If I get bored or sit still for too long without a stimulant, I'm snoring.

I play a lot of video games to stay stimulated, and get adrenaline.

Yeah I recall having some weird shit happen to my body, just odd aches and stuff.

M1L3NK0 - October 22, 2024, 10:38 am

40ish hours; did a full shift at work before driving 7hrs at night to a beach. Once that sun came back up it kinda kept me awake for the rest of the day. Also hard to sleep on mushrooms and having beers with friends. Only slept 7 or so hours after and went right back to it next day haha.

Eran - October 22, 2024, 10:57 am

I'd say about 60 hours. Needless to say stimulants were involved. Glad I'm not in that period anymore.

Morphh - October 22, 2024, 11:45 am

(Oct 22, 2024 08:18 AM)Game Wrote: [\[CITE\]](#) How long have you gone without sleep with no naps or assistance from drugs/medicine.

I'll allow caffeine as we all indulge in tea/coffee to keep us going.

Me personally, I've probably stayed awake for about 2-3 days straight without sleep. I tend to have a lot of late nights, especially now that I am unemployed.

When I was younger, it would be a whole night and the next day until night, that's the longest I've ever been awake

2xTheTap115 - October 22, 2024, 11:48 am

More than two weeks, of course, not "dry" ?

Mr_Kh4os - October 22, 2024, 1:20 pm

Around 33 hours as I worked a 26 hour shift and was up prior to that, got to the point where I was almost too tired to sleep had to smoke a ton and KO.

Trust - October 22, 2024, 1:24 pm

Somewhere between 24 and 48 hours I believe.

Probably during USMC receiving.

sharn - October 24, 2024, 5:12 am

The longest I have gone without sleep was around 40 hours during a stressful work deadline.

I have no intention of doing it again.

Koyote - October 24, 2024, 7:23 am

Every time I fly, I sleep for a maximum of 20 minutes, and while I live in the UK, my wife comes from China and her family are there, so we have really long flights, with an unavoidable connecting flight, so every time I end up going about 48 hours without sleep with all the driving either end of the

flights. It doesn't affect me too much until around hour 30, then I start to get giggly and silly, and hour 40 I start getting really weird and spaced out, touching things and staring into space. After that, I just can't wait to collapse somewhere.

Game - October 24, 2024, 8:25 am

It seems to me a lot of sleep deprivation comes from workload. Definitely something that can be improved. I just went another 30 hours yesterday and finally slept this morning.

Jamika - October 24, 2024, 8:40 am

(Oct 22, 2024 08:18 AM)Game Wrote: [\[CITE\]](#) How long have you gone without sleep with no naps or assistance from drugs/medicine.

I'll allow caffeine as we all indulge in tea/coffee to keep us going.

Me personally, I've probably stayed awake for about 2-3 days straight without sleep. I tend to have a lot of late nights, especially now that I am unemployed.

I think this was 48 or may be 50 hrs not more , i dont feel sleepy but more and more headache

Game - October 24, 2024, 9:20 am

(Oct 24, 2024 08:40 AM)Jamika Wrote: [\[CITE\]](#) I think this was 48 or may be 50 hrs not more , i dont feel sleepy but more and more headache

Yeah I can relate to that. Headaches and heavy, sore eyes.

What do you do to maintain staying awake?

Doug Dimmadome - October 24, 2024, 9:27 am

Longest I've gone was just over 50 hours, but idk exactly when I fell asleep.

Be kind to your body, it needs sleep and it will catch up to you as you age. Don't learn the hard way.

Cooligan - October 24, 2024, 9:53 am

Right around the 72 hour mark. I remember it well.

I had to be up for a certain reason, important reason irl, for basically around 3 days time. I dozed here and there for a couple minutes at a time, but that's about it. I did not feel good at the end of those 3 days lol.

Syndicate - October 24, 2024, 10:33 am

I think I've gone near 40 hours of no sleep, it was rough for me but I can't even remember why I did it

Jamika - October 24, 2024, 10:48 am

(Oct 24, 2024 09:20 AM)Game Wrote: [\[CITE\]](#) Yeah I can relate to that. Headaches and heavy, sore eyes.

What do you do to maintain staying awake?

Open something interesting online, have a cup of coffee, may help a little

Syndicate - October 24, 2024, 11:59 am

(Oct 24, 2024 07:23 AM)KingCoyote Wrote: [\[CITE\]](#) Every time I fly, I sleep for a maximum of 20 minutes, and while I live in the UK, my wife comes from China and her family are there, so we have really long flights, with an unavoidable connecting flight, so every time I end up going about 48 hours without sleep with all the driving either end of the flights. It doesn't affect me too much until

around hour 30, then I start to get giggly and silly, and hour 40 I start getting really weird and spaced out, touching things and staring into space. After that, I just can't wait to collapse somewhere.

That's crazy! I had a 3 hour flight recently and I slept through the whole flight lmao. It was like teleporting. Falling asleep in 1 place and waking up in another place :D

Pimping - October 24, 2024, 4:38 pm

Longest was a bit over 24 hours usually cant stay up longer than that

Game - October 24, 2024, 11:20 pm

(Oct 24, 2024 11:59 AM)Syndicate Wrote: [\[CITE\]](#) That's crazy! I had a 3 hour flight recently and I slept through the whole flight lmao. It was like teleporting. Falling asleep in 1 place and waking up in another place :D

Yeah I always try to sleep on flights. My ears get all the way fucked up because of the pressure.

You're right, it does feel like you teleported, it's a really nice feeling but I can't lie, waking up as you land feels rough haha.

Syndicate - October 24, 2024, 11:28 pm

(Oct 24, 2024 11:20 PM)Game Wrote: [\[CITE\]](#) Yeah I always try to sleep on flights. My ears get all the way fucked up because of the pressure.

You're right, it does feel like you teleported, it's a really nice feeling but I can't lie, waking up as you land feels rough haha.

YEAH that's the really fucked up part about flying and sleeping. Kinda makes you jump out of your sleep if you're a light sleeper ?

Game - October 24, 2024, 11:30 pm

(Oct 24, 2024 11:28 PM)Syndicate Wrote: [\[CITE\]](#) YEAH that's the really fucked up part about flying and sleeping. Kinda makes you jump out of your sleep if you're a light sleeper ?

Yeah, I'll be there all cosy with my pillow and eye cover like "O.O shit what's going on!?" and my wife's like "boy shut up, we just landing, you gotta wake up now anyway" lol.

Also, if the plane goes down, at least I'll die in my sleep lmao.

Syndicate - October 24, 2024, 11:30 pm

(Oct 24, 2024 11:30 PM)Game Wrote: [\[CITE\]](#) Yeah, I'll be there all cosy with my pillow and eye cover like "O.O shit what's going on!?" and my wife's like "boy shut up, we just landing, you gotta wake up now anyway" lol.

LOL that'd be hilarious. Flying only a few hours isn't bad at all. We get up in the sky, I snap a few pictures and I fall asleep to a show ?

Game - October 24, 2024, 11:32 pm

(Oct 24, 2024 11:30 PM)Syndicate Wrote: [\[CITE\]](#) LOL that'd be hilarious. Flying only a few hours isn't bad at all. We get up in the sky, I snap a few pictures and I fall asleep to a show ?

Yeah that's pretty much how it goes for me too. I normally film the take-off with the intention of filming the landing and take a few pics in the clouds etc before I doze off.

I normally share it in the family group chat when I land to let them know I survived aha.

Syndicate - October 24, 2024, 11:34 pm

(Oct 24, 2024 11:32 PM)Game Wrote: [\[CITE\]](#) Yeah that's pretty much how it goes for me too. I normally film the take-off with the intention of filming the landing and take a few pics in the clouds etc before I doze off.

I normally share it in the family group chat when I land to let them know I survived aha.
Same here! I send it to my sister and my gf to know that I safely landed ? They get so worried for no reason

DanielZ - October 24, 2024, 11:41 pm

you can live longer without food and water, but sleep comes before that

TheMadCyborg - October 24, 2024, 11:45 pm

72 hours.

Was the best and the worst time ever.
A friend of mine decided to do a 48 hour stream and I was a very committed mod at the time.
So I stayed up the whole time with him but because of time zones, his stream ended and then I had to go to work.

A lot of caffeine was needed that day ??

Syndicate - October 24, 2024, 11:47 pm

(Oct 24, 2024 11:45 PM)TheMadCyborg Wrote: [\[CITE\]](#) 72 hours.

Was the best and the worst time ever.
A friend of mine decided to do a 48 hour stream and I was a very committed mod at the time.
So I stayed up the whole time with him but because of time zones, his stream ended and then I had to go to work.

A lot of caffeine was needed that day ??
Bro that's crazy. I wouldn't have been that dedicated to anyone's stream ?

TheMadCyborg - October 24, 2024, 11:50 pm

(Oct 24, 2024 11:47 PM)Syndicate Wrote: [\[CITE\]](#) Bro that's crazy. I wouldn't have been that dedicated to anyone's stream ?
hahaha I was young and had no IRL friends ?
I did have the best sleep of my life though hahaha

Syndicate - October 24, 2024, 11:51 pm

(Oct 24, 2024 11:50 PM)TheMadCyborg Wrote: [\[CITE\]](#) hahaha I was young and had no IRL friends ?
I did have the best sleep of my life though hahaha
Oh absolutely! That sounds like a great sleep though. I wish I was able to enjoy a long sleep ?

TheMadCyborg - October 24, 2024, 11:55 pm

(Oct 24, 2024 11:51 PM)Syndicate Wrote: [\[CITE\]](#) Oh absolutely! That sounds like a great sleep though. I wish I was able to enjoy a long sleep ?
Stay up for 72 hours then ?
10/10 sleep
-10/10 experience prior to sleep ?

Great for resetting the body clock though!

Syndicate - October 24, 2024, 11:58 pm

(Oct 24, 2024 11:55 PM)TheMadCyborg Wrote: [\[CITE\]](#) Stay up for 72 hours then ?
10/10 sleep
-10/10 experience prior to sleep ?

Great for resetting the body clock though!

Absolutely not LOL. When I sleep too long I tend to get bad headaches. I'll pass on that one

TheMadCyborg - October 25, 2024, 12:07 am

(Oct 24, 2024 11:58 PM)Syndicate Wrote: [\[CITE\]](#) Absolutely not LOL. When I sleep too long I tend to get bad headaches. I'll pass on that one

That's fair hahaha It's not for everyone.

I still know people that can stay up for hours and I have no idea how they can do it even though I used to do the same!

Syndicate - October 25, 2024, 12:10 am

(Oct 25, 2024 12:07 AM)TheMadCyborg Wrote: [\[CITE\]](#) That's fair hahaha It's not for everyone.

I still know people that can stay up for hours and I have no idea how they can do it even though I used to do the same!

I can stay up for 24 hours no problem, but that's when brain starts to get fuzzy and the bad thoughts start to funnel in ?

TheMadCyborg - October 25, 2024, 12:16 am

(Oct 25, 2024 12:10 AM)Syndicate Wrote: [\[CITE\]](#) I can stay up for 24 hours no problem, but that's when brain starts to get fuzzy and the bad thoughts start to funnel in ?

oof that's a mood.

That happens to me when I get stuck on a project and can't figure it out.

Then I can't sleep until I figure it out and I can't figure it out until i sleep.

The void cycle I call it xD

Syndicate - October 25, 2024, 12:29 am

(Oct 25, 2024 12:16 AM)TheMadCyborg Wrote: [\[CITE\]](#) oof that's a mood.

That happens to me when I get stuck on a project and can't figure it out.

Then I can't sleep until I figure it out and I can't figure it out until i sleep.

The void cycle I call it xD

Yeah me too! It happens often to me ?

host3r - October 25, 2024, 2:26 am

24 hours for me, think i could do 48 hours if i wanted

Koyote - October 25, 2024, 2:39 am

(Oct 24, 2024 11:59 AM)Syndicate Wrote: [\[CITE\]](#) That's crazy! I had a 3 hour flight recently and I slept through the whole flight lmao. It was like teleporting. Falling asleep in 1 place and waking up in another place :D

When we had our honeymoon in Jamaica, we hit these weed pens so hard before the flight, and that's the only time in my life I've slept the majority of a flight haha, every other time it's been a waking nightmare. I'm very envious of you haha

onlyhope122 - October 25, 2024, 3:25 am

24 Hours, I try to sleep as much as I can.

I want to be healthy, especially at my age I'm still growing and sleep is vital for growth, so I never try pull all nighter's, however I also get super creative during the night and I always can't fall asleep because I'm thinking so much.

Jinu - October 25, 2024, 3:29 am

The longest I've gone without sleep is probably close to 36 hours, and by the end of it, I was feeling pretty out of it! It's amazing how much sleep affects our minds and bodies. I can't imagine 2-3 days straight—how did you feel after that? Did you crash hard when you finally got to sleep?

Syndicate - October 25, 2024, 9:28 am

(Oct 25, 2024 02:39 AM)KingCoyote Wrote: [\[CITE\]](#) When we had our honeymoon in Jamaica, we hit these weed pens so hard before the flight, and that's the only time in my life I've slept the majority of a flight haha, every other time it's been a waking nightmare. I'm very envious of you haha Bruhhh, idk how you get on a plane when you're fucking zonked out of your mind ?

Koyote - October 25, 2024, 9:43 am

(Oct 25, 2024 09:28 AM)Syndicate Wrote: [\[CITE\]](#) Bruhhh, idk how you get on a plane when you're fucking zonked out of your mind ?

Heavy user haha, that's the only way! But I will say I was bugging out just before I sat down, then it was blisssss

Game - October 25, 2024, 9:59 am

(Oct 25, 2024 09:43 AM)KingCoyote Wrote: [\[CITE\]](#) Heavy user haha, that's the only way! But I will say I was bugging out just before I sat down, then it was blisssss

That's crazy, I'd be too anxious through security. "I'MMA GO TO JAIL!!!".

Sounds like a nice sleep though.

Pikachu - October 25, 2024, 10:06 am

A little over 24 hours back when I was younger attempting all nighters playing video games. Another time I was up for 24 hrs maybe longer was when I did a double shift working at Coachella fest

Game - October 25, 2024, 10:37 am

(Oct 25, 2024 10:06 AM)Pikachu Wrote: [\[CITE\]](#) A little over 24 hours back when I was younger attempting all nighters playing video games. Another time I was up for 24 hrs maybe longer was when I did a double shift working at Coachella fest

Yeah a lot of mine have been gaming related or work related. Definitely need to have some healthier sleep!

BlackRock - December 19, 2024, 10:48 am

(Oct 22, 2024 08:18 AM)Game Wrote: [\[CITE\]](#) How long have you gone without sleep with no naps or assistance from drugs/medicine.

I'll allow caffeine as we all indulge in tea/coffee to keep us going.

Me personally, I've probably stayed awake for about 2-3 days straight without sleep. I tend to have a lot of late nights, especially now that I am unemployed.
50 hours I believe

Money- - December 19, 2024, 9:06 pm

Probably would be a day for me honestly. Feels dying , never gona do it again ever.

Bashe - December 19, 2024, 9:22 pm

(Oct 22, 2024 01:24 PM)Trust Wrote: [\[CITE\]](#) Somewhere between 24 and 48 hours I believe. Probably during USMC receiving.

Hey, I was going to say the same thing! Semper Fi brother (or sister).

oRequiem - December 19, 2024, 9:40 pm

Maybe around 36ish hours? Hard to remember.

Money- - December 19, 2024, 9:44 pm

(Dec 19, 2024 10:40 PM)oRequiem Wrote: [\[CITE\]](#) Maybe around 36ish hours? Hard to remember.
How do you feel? Do you feel dying?

oRequiem - December 19, 2024, 9:45 pm

(Dec 19, 2024 10:44 PM)Money- Wrote: [\[CITE\]](#) How do you feel? Do you feel dying?
I hate sleeping, but sleep deprivation is life-ruining.

Money- - December 19, 2024, 9:48 pm

(Dec 19, 2024 10:45 PM)oRequiem Wrote: [\[CITE\]](#) I hate sleeping, but sleep deprivation is life-ruining.
Sleeping less and feeling better is more productive than sleeping longer for me.

oRequiem - December 19, 2024, 9:49 pm

(Dec 19, 2024 10:48 PM)Money- Wrote: [\[CITE\]](#) Sleeping less and feeling better is more productive
than sleeping longer for me.
That's why I try to get 6 hours of sleep per day.