

Forum:[Hack Forums](#)

Thread: [What Is Your Evening Routine?](#)

Epic - October 25, 2024, 1:22 pm

Hello everyone,

Taking inspiration from [agent](#)'s thread for this one. I search around and don't think we've had this specific topic yet.

What is your evening routine? For me I like to settle in for the night about an hour or 45 minutes before bedtime. Usually have a glass of water and brush my teeth. I'll typically read, listen to a podcast, or maybe watch a YouTube video until I get tired, then turn out the lights. Nothing crazy. Been trying to have good sleep hygiene these days. I try to read more before bed as opposed to getting more screen time. Blue light and such, ya know.

What about you?

Deany - October 25, 2024, 1:36 pm

I mean I resell stuff , so my day is basically hoping someone buys them lol

Clue - October 25, 2024, 2:18 pm

If I've been in the office, I normally get home, chill for a bit, cook dinner, play some PC games and then doom scroll until 1am to repeat the whole day again.

If I work from home, I try and do as much house cleaning as I can, chill, eat, play games and do business research on side hustles I can start.

Pimping - October 25, 2024, 2:19 pm

I relax in the evening and watch Youtube or play some video games
maybe read up on some certain things

sharn - October 26, 2024, 2:15 am

I keep my evenings simple with dinner, a little TV, and some time on my phone before bed.

Jinu - October 26, 2024, 2:22 am

That's a great routine! I've also been working on better sleep hygiene—blue light can definitely mess with winding down. For me, I like to wrap up any work or to-dos early in the evening, then spend some time with a book or journal to reflect on the day. Sometimes, I'll add a bit of light stretching, which really helps me relax. It's simple, but it makes falling asleep so much easier. Do you notice a big difference when you skip any part of your routine?