

# Forum:[Hack Forums](#)

Thread: [What's your Sleep Schedule?](#)

**oRequiem** - December 18, 2024, 8:55 pm

My sleep schedule keeps getting nuked every time I somehow fix it..  
I sleep around 6-7am and I wake up around 12-3pm.

What does yours look like?

**Charlie Sheen** - December 18, 2024, 9:00 pm

Awful. I should be sleeping right now but for some reason I can't.

There's times where I get it under control and I sleep 6 to 8 hours a night. Most of the time I'm running on 3-5 hours.

It completely varies. Last night I slept from like 2:30 or so until 6:30.

**Pimping** - December 18, 2024, 9:18 pm

(Dec 18, 2024 09:55 PM)oRequiem Wrote: [\[CITE\]](#) My sleep schedule keeps getting nuked every time I somehow fix it..

I sleep around 6-7am and I wake up around 12-3pm.

What does yours look like?

I sleep around 2-3 am most nights and wake up around 11 AM  
when i worked night shift i was sleeping all day and working all night.... was horrible and was hard to fix that schedule

**Bashe** - December 18, 2024, 9:21 pm

I sleep around 12-2 am and wake up at 10-11 am.

**Deany** - December 18, 2024, 9:28 pm

Mine is practically nonexistent