

Forum:[Hack Forums](#)

Thread: [Day shift or Night shift?](#)

Mr_Kh4os - December 24, 2024, 6:12 pm

What do you guys prefer? I always prefer to work early am into morning so I can get done early. Also didn't mind a 10pm to 6pm when I was working hourly however it was mentally tolling after some time.

Money- - December 25, 2024, 2:02 am

Both mixture into one. Too many night shifts makes your body shitty even if you got used to it , its just not healthy.

Mixture of both is fine. Cause for some jobs of nightshift u stay at home and only start work at night and you don't need to go the office.

Pimping - December 25, 2024, 2:27 am

Worked night shift for a year and it was bad prefer working during the day it messed my sleep schedule and it was not fun sleeping all day and working all night. no time to do anything and even after i quit that job my sleep was fucked up for a while

Miles Teller - December 25, 2024, 3:13 am

I kinda like night shift because it's usually not too busy and when you get off work the stores are all open and everyone else is at work so lines are usually small

Phantom_NiNja - December 25, 2024, 3:23 pm

It depends on the job. If grocery or retail stores. I would prefer night shift. I think they should make new hires do night shift and train them and once they get up to speed then they can do day shift.

Night shifts are normally slow and not that busy. Day shift you need to be on your feet and you need to know what you're doing for every possible transaction or issue you will face with customers. No one has time to waste standing there.

If you're talking about that. I would prefer night shift until I got the hang of the job and then switch the day shift.

night shift is hard to socialize with friends and family and it's mainly you going to work and doing it again and gain unless you have the weekends free.

I worked a grocery store where I had to do 5 days a week day shift and then on Sunday we had 1 night shift. That took a toll on my body over time so I ended up quitting.

LumpyTurds - December 25, 2024, 11:32 pm

Day shift preferably, but if I'm welding, it's night shift 100%

Cowboy - December 26, 2024, 7:40 pm

You'll lose your sanity doing night shift for too long.

Stick to day shift to be a functional human being.

Mr_Kh4os - December 27, 2024, 4:26 am

(Dec 26, 2024 08:40 PM)Cowboy Wrote: [\[CITE\]](#) You'll lose your sanity doing night shift for too long.

Stick to day shift to be a functional human being.

For sure, this definitely happened and it took me awhile to figure out there was a woman there who has been doing it for 30 years however she was single no kids and tbh kinda mean looooooool.

duwap - December 27, 2024, 8:57 am

i prefer the day shift. im always awake really early so it just helps.

Mr_Kh4os - December 28, 2024, 4:59 am

(Dec 27, 2024 09:57 AM)duwap Wrote: [\[CITE\]](#) i prefer the day shift. im always awake really early so it just helps.

Oh no my friend is gone now RIP. Yeah I usually am awake in the early AM so I typically am awake as well!

RiveR29 - January 9, 2025, 11:14 pm

I mean I don't mind working during the night, I love grave yard shifts. Working as a security guard is bit too easy money when working at night to be honest.

Disease - January 10, 2025, 5:57 am

I've really only ever worked the day shift, as I've always been in office settings. With my side gig I've done plenty of late night work on-site with clients, but it's different when it's your own business.

Hero - January 10, 2025, 8:10 am

If i could choose, then 7.30am to 4pm. A set rythm and you can still get shit done after work. Basically, the world evolves around that schedule tbh.

F4tDoinkz - January 10, 2025, 8:12 am

I worked night shift for a number of years. I enjoyed it when I was younger. But now I prefer my 8am shift. Much better.

Riyu-?? - January 10, 2025, 2:53 pm

I prefer morning/day shifts as I feel free after work versus night shifts where I know I need to end my night working etc

RootRXXT - January 12, 2025, 2:04 pm

Day shift all the way.... can't be fucked training my body to stay awake at night

Drewradars - January 21, 2025, 4:02 am

Night shift always for nocturnal animals like us