

# Forum:[Hack Forums](#)

Thread: [What time do you sleep at night?](#)

**Portugals** - February 9, 2025, 4:51 am

What time do you sleep at night? Do you sleep very late?

**Eatshow** - February 9, 2025, 5:47 am

I try to stick to go to sleep before midnight

**Smexy** - February 9, 2025, 9:29 am

Every evening i sleep at 8PM and wake up at 5AM

**Foxxxy Proxies Ltd** - February 9, 2025, 9:32 am

I usually don't make it to bed until 1-2 am. Mostly 2 am or later.

**Flan.** - February 9, 2025, 10:13 am

I usually go to bed around midnight, so not too late. How about you?

**Slumerican ?** - February 9, 2025, 10:40 am

I usually go to sleep around 10 PM, though sometimes it's 11 or 12. I try to manage my bedtime between 9 and 10.

**diablospartan** - February 9, 2025, 11:02 am

Well i go to bed around 11 or 12 but it will pass one more hour until i get to sleep as i dont fall a sleep very fast

**Pr0m3th3us** - February 9, 2025, 11:37 am

Work night I usually pass out around 9pm and wake up around 8am. I wake up multiples times in the night so I don't get the whole 11 hours, it's usually closer to 8-9 actual sleep time.

**DarkVision** - February 9, 2025, 11:49 am

I wish I could go to sleep before midnight, which is probably the healthiest lifestyle in the long run. But I am a slave to the irregular, rolling schedule. Every programmer's curse. ?

**RangoWorld** - February 9, 2025, 11:53 am

It varies on what I'm doing in those days or weeks. Some times it's 11PM. Other days it's even 2 or 3AM.

There have also been times where I slept between 2AM-6AM and then 2 hours between 10AM to 12PM.

**saruna** - February 9, 2025, 12:02 pm

Wish i knew what a good sleep pattern is like, lol. I've had insomnia for a little over 6 years and it's kind of ruining my life in some aspects. I Already have some issues that drain my energy, little sleep doesn't help it.

**Costanza** - February 9, 2025, 2:08 pm

Use to be like 4-5am , now i have made it 11pm or so around there , the quality of life is 100000x better.

**Blogger** - February 9, 2025, 2:13 pm

It depends. If I work the next day, I'm usually asleep by 2ish in the morning. If I'm off from work the next day, I'll stay up will my body shuts down, which is usually around 6 in the morning.

**\_\_main\_\_** - February 10, 2025, 1:36 am

Around 11pm would be ideal to enter the land of dreaming. I am having a hard time falling asleep. Unlike cats who can just close their eyes and start sleeping. Envy...

**8ights** - February 10, 2025, 2:02 am

(Feb 9, 2025 05:51 AM)Portugals Wrote: [\[CITE\]](#) What time do you sleep at night? Do you sleep very late?

I try to keep it to before midnight. A second over and I'm not waking up till the afternoon.

**Moseby** - February 10, 2025, 2:17 am

Trying to get a couple of hours in when the kids are down. Usually hit the bed at 10-11.

**kotoshuki120** - February 17, 2025, 11:10 am

My sleeping schedule is just cooked. Sometimes 8, sometimes 10 and sometimes 3am