

Forum:[Hack Forums](#)

Thread: [How many hours of sleep do you get?](#)

Mech - October 2, 2025, 8:55 pm

How many hours do you average?

6 - 6.5 hours has been my average for the last 5 years or so now.
Midnight to 06 or 0630.

JoshAllen - October 2, 2025, 8:55 pm

7hours is a requirement or I am way to foggy.

Mech - October 2, 2025, 9:01 pm

(Oct 2, 2025 08:55 PM)Tyler™ Wrote: [\[CITE\]](#) 7hours is a requirement or I am way to foggy.
I used to feel the same. Caffeine and a little bit of nicotine always help.

Nate - October 2, 2025, 9:08 pm

I try to get around 7-9 hours of sleep, most of the time its just me laying there trying to get to asleep.
It takes me awhile to fall asleep

Mech - October 2, 2025, 9:11 pm

(Oct 2, 2025 09:08 PM)Nate Wrote: [\[CITE\]](#) I try to get around 7-9 hours of sleep, most of the time its just me laying there trying to get to asleep. It takes me awhile to fall asleep
Same. My brain gets incredibly active at the worst times.

JoshAllen - October 2, 2025, 9:13 pm

(Oct 2, 2025 09:01 PM)Mech Wrote: [\[CITE\]](#) I used to feel the same. Caffeine and a little bit of nicotine always help.
I love caffeine, but I would still crash super hard mid-late day.

Nate - October 2, 2025, 9:19 pm

(Oct 2, 2025 09:11 PM)Mech Wrote: [\[CITE\]](#) Same. My brain gets incredibly active at the worst times.
mine just be going through hella random ass thoughts, or scenarios. I thought it was ADHD

Jinu - October 2, 2025, 9:21 pm

(Oct 2, 2025 08:55 PM)Mech Wrote: [\[CITE\]](#) How many hours do you average?

6 - 6.5 hours has been my average for the last 5 years or so now.
Midnight to 06 or 0630.

That is impressive consistency. I usually manage around 5 to 6 hours, though it really depends on the week. I have tried shifting earlier a few times but somehow I end up back to late nights. Do you find that schedule affects your focus or energy during the day?

Deany - October 2, 2025, 9:29 pm

Not much, i'm on crackhead time

oRequiem - October 2, 2025, 9:31 pm

Really depends lol.

A good 6-8 hours per night. Sometimes 9-10.

P??sonl?af - October 2, 2025, 11:46 pm

Around 6 to 7 hours of sleep on normal days.

More then 10 hours on sleep-in days. I'm never a morning person so it doesn't matter how long I sleep, I will be annoyed by waking up.

Snowwy - October 3, 2025, 12:23 am

Usually around 7, give or take.

Jamika - October 3, 2025, 12:36 am

Four to six hours usually, in weekend can sleep up to 8 or more

Oh_Well - October 3, 2025, 1:39 am

Usually around 6 hours, but I always feel like I need more

oRequiem - October 3, 2025, 2:02 am

(Oct 3, 2025 12:36 AM)Jamika Wrote: [\[CITE\]](#) Four to six hours usually, in weekend can sleep up to 8 or more

The minimum should be 6 hours, hopefully you catch up on some sleep.

The Joker - October 3, 2025, 2:04 am

I would say I definitely average at least 8 hours a day. But the sad part is the 8 hours almost always isn't at once.

Jamika - October 3, 2025, 2:05 am

(Oct 3, 2025 02:02 AM)oRequiem Wrote: [\[CITE\]](#) The minimum should be 6 hours, hopefully you catch up on some sleep.

I know , but i never manage to sleep this much usually

2xTheTap115 - October 3, 2025, 2:16 am

(Oct 2, 2025 08:55 PM)Mech Wrote: [\[CITE\]](#) How many hours do you average?

6 - 6.5 hours has been my average for the last 5 years or so now.

Midnight to 06 or 0630.

It depends ? For a long time now, I've been trying to maintain a proper sleep rhythm (sleeping at regular times, no naps, about 7-8 hours a day). However, I won't hide the fact that when I'm working on something, I stay up late at the computer or work overtime, and my sleep schedule resembles a sine wave ? Despite everything, I try to get the recommended 8 hours of sleep because it makes me feel better ?

sharn - October 3, 2025, 11:55 am

Typically six hours. Some nights are shorter.

JoshAllen - October 3, 2025, 11:56 am

(Oct 3, 2025 11:55 AM)sharn Wrote: [\[CITE\]](#) Typically six hours. Some nights are shorter.

I don't get how people can go for a full day on only 6 hours. Caffeine?

sharn - October 3, 2025, 12:05 pm

(Oct 3, 2025 11:56 AM)Tyler™ Wrote: [\[CITE\]](#) I don't get how people can go for a full day on only 6 hours. Caffeine?

I survive on minimal sleep because coffee keeps me running.

JoshAllen - October 3, 2025, 12:06 pm

(Oct 3, 2025 12:05 PM)sharn Wrote: [\[CITE\]](#) I survive on minimal sleep because coffee keeps me

running.

Black or do you add anything to it?

sharn - October 3, 2025, 12:09 pm

(Oct 3, 2025 12:06 PM)Tyler™ Wrote: [\[CITE\]](#) Black or do you add anything to it?
I usually take it with milk. Makes it smoother.

?ystem - October 3, 2025, 1:12 pm

I typically need my full eight hours of sleep to be functional. Coffee and energy drinks do nothing for me anymore.

JoshAllen - October 3, 2025, 1:13 pm

(Oct 3, 2025 01:12 PM)?ystem Wrote: [\[CITE\]](#) I typically need my full eight hours of sleep to be functional. Coffee and energy drinks do nothing for me anymore.

I am the same! Coffee does actually nothing for me. I find energy drinks work alright but I really don't trust them for daily use.

plops - October 3, 2025, 1:38 pm

Nice same. I make sure I get 6-7 hours. I feel most productive that way and allows me to get everything done in a day.

Mech - October 3, 2025, 9:01 pm

(Oct 2, 2025 09:19 PM)Nate Wrote: [\[CITE\]](#) mine just be going through hella random ass thoughts, or scenarios. I thought it was ADHD

I do the same. Even when I am incredibly tired, my brain is wired.

(Oct 2, 2025 09:21 PM)Jinu Wrote: [\[CITE\]](#) That is impressive consistency. I usually manage around 5 to 6 hours, though it really depends on the week. I have tried shifting earlier a few times but somehow I end up back to late nights. Do you find that schedule affects your focus or energy during the day?

I'm so used to it now. I can certainly tell a difference at like 5 hours though. I feel pretty productive, and actual sometimes feel like garbage if I get more than 6 or 6.5.

(Oct 2, 2025 09:29 PM)Deany Wrote: [\[CITE\]](#) Not much, i'm on crackhead time
Do what ya gotta do playa

(Oct 2, 2025 09:31 PM)oRequiem Wrote: [\[CITE\]](#) Really depends lol.

A good 6-8 hours per night. Sometimes 9-10.

I feel like I haven't had 9 or 10 in a really long time. Way too busy for that much sleep.

(Oct 2, 2025 11:46 PM)P??sonl?af Wrote: [\[CITE\]](#) Around 6 to 7 hours of sleep on normal days.
More than 10 hours on sleep-in days. I'm never a morning person so it doesn't matter how long I sleep, I will be annoyed by waking up.

I was never a morning person either. Until I joined the military and then it just sort of stuck with me to civilian life.

(Oct 3, 2025 12:23 AM)Snowwy Wrote: [\[CITE\]](#) Usually around 7, give or take.
Seven is a good middle number, not too much, not too little.

(Oct 3, 2025 12:36 AM)Jamika Wrote: [\[CITE\]](#) Four to six hours usually, in weekend can sleep up to 8 or more

4 hours is rough for me. My brain doesn't function well at 4 hours.

(Oct 3, 2025 01:39 AM)Oh_Well Wrote: [\[CITE\]](#) Usually around 6 hours, but I always feel like I need more

Just got to stick with the 6 hour plan for a while, your body will adapt.

(Oct 3, 2025 02:04 AM)The Joker Wrote: [\[CITE\]](#) I would say I definitely average at least 8 hours a day. But the sad part is the 8 hours almost always isn't at once.

Some Japanese have low sleep down to a pretty good system. Powernaps throughout the day.

AI Quote: You're likely thinking of sleep patterns in Japan, where a high-pressure work culture and long hours often lead many adults to get just 4–6 hours of continuous nighttime sleep—far short of the typical 8 hours—supplemented by short daytime naps known as *inemuri* ("sleeping while present"). This isn't a strict "4-hour shift" system but a polyphasic or biphasic approach that's culturally normalized: the main sleep block is brief to maximize productivity, with power naps (10–20 minutes) at work, on trains, or in public to recharge without seeming lazy. In fact, napping on the job is often seen as a sign of dedication rather than slacking off.

(Oct 3, 2025 02:16 AM)2xTheTap115 Wrote: [\[CITE\]](#) It depends ? For a long time now, I've been trying to maintain a proper sleep rhythm (sleeping at regular times, no naps, about 7-8 hours a day). However, I won't hide the fact that when I'm working on something, I stay up late at the computer or work overtime, and my sleep schedule resembles a sine wave ? Despite everything, I try to get the recommended 8 hours of sleep because it makes me feel better ?

I do the same. No worries. Projects keep me pretty busy.

(Oct 3, 2025 11:56 AM)Tyler™ Wrote: [\[CITE\]](#) I don't get how people can go for a full day on only 6 hours. Caffeine?

Caffeine! and having a relatively active job helps. Hard to fall asleep when you're constantly moving.

(Oct 3, 2025 01:12 PM)?ystem Wrote: [\[CITE\]](#) I typically need my full eight hours of sleep to be functional. Coffee and energy drinks do nothing for me anymore.

Double the intake of caffeine and energy drinks?

DAL-SHA - October 19, 2025, 1:22 am

5-7 hours , i think its the average persons' need of sleep , and I'm kind of getting it ! ?