

Forum:[Hack Forums](#)

Thread: [Do you shower in the morning, or at night?](#)

JoshAllen - February 28, 2026, 11:44 am

Morning showers are the best to start off your day right, but I can understand why people want to at night.

Some days I do both, especially in the summer.

?inimalist - February 28, 2026, 11:56 am

In my opinion:

Showering in the morning changing your mood and you feel like a new.

Showering at night you sleep better and more comfortable.

Omniscient - February 28, 2026, 11:57 am

I used to be a morning shower person where I wanted to start the day clean and fresh.

Wife said I had to shower before coming to bed, mainly because I have cigars in the evening and I smelled like smoke. So now, before bed shower.

?inimalist - February 28, 2026, 12:12 pm

(Feb 28, 2026 12:57 PM)Omniscient Wrote: [\[CITE\]](#) I used to be a morning shower person where I wanted to start the day clean and fresh.

Wife said I had to shower before coming to bed, mainly because I have cigars in the evening and I smelled like smoke. So now, before bed shower.

I had a girlfriend who smoked, and I made her take a shower before coming to bed because she smelled like cigs and smoke. I know what it's like.

R5N3T - February 28, 2026, 12:19 pm

(Feb 28, 2026 12:44 PM)JoshAllen Wrote: [\[CITE\]](#) Morning showers are the best to start off your day right, but I can understand why people want to at night.

Some days I do both, especially in the summer.

That's right.. Morning showers are the best, they make you feel fresh and ready for the day

?inimalist - February 28, 2026, 1:40 pm

(Feb 28, 2026 01:19 PM)R5N3T Wrote: [\[CITE\]](#) That's right.. Morning showers are the best, they make you feel fresh and ready for the day

Isn't it obvious? How do you go to work or take care of your daily tasks if you haven't even taken a shower? How can people leave the house without bathing?

We're living in 2026.?

Doshiha - March 1, 2026, 2:29 pm

morning

RangoWorld - March 2, 2026, 5:12 am

I shower in the morning. Used to shower like 9 in the morning. Now I shower at 5 straight after

waking up.

Deany - March 2, 2026, 5:13 am

Right before I go to bed is the sweet spot

CrusadersX - March 5, 2026, 8:19 am

I understand a nighttime shower. But it's no problem having the sheets cleaned. Morning shower to wake me up!

Rahul007rhp - March 5, 2026, 9:42 am

Morning showers always , they are best and refreshing

RiveR29 - March 5, 2026, 10:34 am

My reason to shower in the evening/night is that I want to go to bed feeling fresh, and I also snooze too much during morning so I am always in a rush to get to work :D So yea simple to fix but am too stupid or lazy or even both to do so.

Doug Dimmadome - March 5, 2026, 10:56 am

Such a hard decision. Morning showers set a great tone to the day, you feel fresh, alert, and alive. Night showers are amazing with a set of clean sheets and a made bed, feels amazing to crawl into bed after a shower.

Usually end up with a night shower tho because I sleep in and don't have time for the morning shower. Sometimes I take a morning and a night shower

Phobia_ - March 5, 2026, 11:28 am

I shower in the mornings

julp - March 6, 2026, 1:58 pm

Night shower, how can you sleep with all the dirt from the day and from work?

HerrWinston - March 7, 2026, 3:23 pm

Sometimes both, but normally in the morning because it gives me a good feeling starting in the day!

mothking - March 7, 2026, 4:03 pm

I shower right when I wake up, by the time I drink my coffee and take my morning dose of Sub I feel refreshed and ready for the day. :) I didn't always shower right away though, sometimes I would drink my coffee and eat breakfast first when I was younger.

leste - March 12, 2026, 6:46 pm

I take a shower in the mornings in summer and in the evenings in winter.

Ash Ketchum - March 12, 2026, 10:21 pm

i shower at night after i've accumulated all the dirt, showering in the morning seems like just being clean for a short period of time and sleeping in your own filth, although i do shower sometimes both depending on my mental state, i must say a pure cold shower in the morning will get your loins going.