

Forum:[Hack Forums](#)

Thread: [Do you check your phone the moment you wake up?](#)

Omega Sapien - February 28, 2026, 5:03 pm

I do. Well to be honest I don't know for sure if I grab my vape or my phone first. But typically I wake up by scrolling social media. Since I got my new computer though I have been opening it and coming here to though. But the phone has been the goto for a while. This computer is actually helping me distance myself from my phone some.

How about you?

7 - February 28, 2026, 5:59 pm

I dont use social media apps but I do check my phone for work and server issues e.t.c

Artisan - February 28, 2026, 7:13 pm

I check my phone for notifications, brush up and then check my emails.

Deany - February 28, 2026, 9:24 pm

Um no , I check my laptop (main device) when I wake up

MadScientist - February 28, 2026, 10:01 pm

Definitely to check emails and see any messages

Tyr - February 28, 2026, 11:44 pm

I have to because of work but to be honest with you checking my phone is one of the most depressing things for me these days.

RangoWorld - March 4, 2026, 12:39 am

Some days I have to check my phone. Other days I don't. I check my phone in the morning after waking up if I had been anticipating something

julp - March 6, 2026, 1:59 pm

Yes, I check it often even though I hate it because then you stay on it for hours without getting up haha

Omega Sapien - March 6, 2026, 5:06 pm

(Mar 6, 2026 02:59 PM)julp Wrote: [CITE](#) Yes, I check it often even though I hate it because then you stay on it for hours without getting up haha

I can definitely relate to you on that I am the same way but thankfully I haven't been very bad about it since I got my new laptop. I'm getting better opting instead to work on projects or visit HF! :)

Jahad - March 6, 2026, 6:26 pm

Definitely my vape or my phone first haha

HerrWinston - March 7, 2026, 12:21 am

Yes I always check it in the morning to see new messages and all, shortly after I put it away tho so I don't doomscroll the whole morning.

anxom - March 8, 2026, 10:57 am

No otherwise I'm not getting to work in at least 3 hours.

VPSLab - March 9, 2026, 1:21 am

yeah same here. tried putting it across the room once but gave up after a week. that new pc sounds like a good change though.

RiveR29 - March 9, 2026, 5:03 am

Usually no, I make some coffee and just sit in silence for a moment. After I have finished my morning coffee, I check my phone.

And then I go to work. Ofc there are days that i wake up much later when I am already practically late from work, then I just check my phone. And rush to work.

618C - March 9, 2026, 6:39 am

Yes, i turn off my alarm and check for messages but i dont use social media so just a quick scan for any important stuff.

leste - March 12, 2026, 6:42 pm

I'm just checking my notifications. After that, I'll go back to sleep. ?

The Pact - March 14, 2026, 8:44 pm

Unfortunately, yes. I do this like a damn loser and waste time on fucking Reddit. It's a habit I should change.

Komodo - March 14, 2026, 8:54 pm

Absolutely. Gotta turn off that dumbass alarm that you need to slide for now.

Yin Yang - March 14, 2026, 11:34 pm

Seeing as how it's my alarm clock, kinda hard not too lol

Vitamin Energy - March 15, 2026, 2:06 am

During the week yeah as its my alarm. Weekends its usually my snus puck and then my phone.

Jamika - March 15, 2026, 7:16 am

(Feb 28, 2026 06:03 PM)Omega Sapien Wrote: [\[CITE\]](#) I do. Well to be honest I don't know for sure if I grab my vape or my phone first. But typically I wake up by scrolling social media. Since I got my new computer though I have been opening it and coming here to though. But the phone has been the goto for a while. This computer is actually helping me distance myself from my phone some.

How about you?

Sure

For work messages and social stuff

Rahul007rhp - March 15, 2026, 9:12 am

I definitely check my phone once i wake up & scroll through all the notfications & messages

ByteMe - March 15, 2026, 10:40 pm

Yes I do check my phone first thing in the morning before getting out of the bed which is a bad thing to be honest.