

Forum:[Hack Forums](#)

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

Sift - October 12, 2026, 5:03 am

Hey everyone! Curious how everyone's sleep routine is actually holding up lately.

Between late-night screen time, early alarms, and just trying to balance work and life, getting a solid chunk of rest can feel like a moving target.

Drop a comment with your answers to these:

How many hours do you typically get on a weeknight?

Do you make up for it on the weekends, or stick to a strict schedule?

What's your go-to trick (or guilty pleasure) when you're trying to wind down?

Let's hear how much sleep everyone is really running on!

Wake - October 12, 2026, 8:04 am

Not enough lmao, nights are my time to my self where I can focus with no distractions so I am often staying up later then I should.

Au Jus Demon - October 12, 2026, 8:13 am

I strive to always get atleast 5 hours a night.

Sift - October 12, 2026, 8:15 am

I think I'm hitting between 4-7 hrs.

Yanix - October 12, 2026, 8:20 am

I usually get around 4–5 hours of sleep on weekdays, sometimes less when work gets busy. I try to catch up on weekends, but it doesn't always happen lol. A little phone scrolling before bed is my guilty pleasure, even though I know it keeps me awake longer!

Michael - October 12, 2026, 8:30 am

I try to get at least 8 hours of sleep.

Hern - October 12, 2026, 9:46 am

I try to get 8 or 9 but I tend to get more like 7 at most. It makes it so I am functional but by the weekend my body feels it still has to catch up and get a bit more sleep on top of the norm

oRequiem - October 12, 2026, 9:46 am

6-8 hours roughly, I hate sleeping. Been over sleeping a lot lately.

Sift - October 12, 2026, 9:56 am

(38 hours ago)oRequiem Wrote: [\[CITE\]](#) 6-8 hours roughly, I hate sleeping. Been over sleeping a lot lately.

I recently just got off using sleeping medication to sleep after dealing with insomnia so very grateful finally been sleeping naturally for weeks.

oRequiem - October 12, 2026, 9:57 am

(38 hours ago)Sift Wrote: [\[CITE\]](#) I recently just got off using sleeping medication to sleep after dealing with insomnia so very grateful finally been sleeping naturally for weeks.

Sounds rough, it does take me a while to fall asleep though for some reason. Probably the naps I've been taking every day since my body is used to taking naps :/

Sift - October 12, 2026, 9:58 am

(38 hours ago)oRequiem Wrote: [\[CITE\]](#) Sounds rough, it does take me a while to fall asleep though for some reason. Probably the naps I've been taking every day since my body is used to taking naps :/

Been pretty rough last decade after getting in car accident.

oRequiem - October 12, 2026, 11:14 am

(38 hours ago)Sift Wrote: [\[CITE\]](#) Been pretty rough last decade after getting in car accident. Damn, at least you don't need the sleeping pills anymore.

Sift - October 12, 2026, 11:15 am

(37 hours ago)oRequiem Wrote: [\[CITE\]](#) Damn, at least you don't need the sleeping pills anymore. To be honest it's freeing not needing them no more.

oRequiem - October 12, 2026, 11:31 am

(37 hours ago)Sift Wrote: [\[CITE\]](#) To be honest it's freeing not needing them no more. I bet, only thing I took was melatonin, which never worked for me.

Tyr - October 12, 2026, 11:35 am

Lately, I have been getting about 5 if I am lucky and I literally need 9 or more to feel like I am running at 100%.

No bueno.

Sift - October 12, 2026, 11:38 am

(37 hours ago)oRequiem Wrote: [\[CITE\]](#) I bet, only thing I took was melatonin, which never worked for me.

Yea I replaced my sleep meds with melatonin now works for me.

oRequiem - October 12, 2026, 1:17 pm

(36 hours ago)Sift Wrote: [\[CITE\]](#) Yea I replaced my sleep meds with melatonin now works for me. Yeah, so far nothing has worked for me. If I can't sleep at all, I just stay up for 24 hours and force a sleep schedule fix.

Sift - October 12, 2026, 1:19 pm

(35 hours ago)oRequiem Wrote: [\[CITE\]](#) Yeah, so far nothing has worked for me. If I can't sleep at all, I just stay up for 24 hours and force a sleep schedule fix. That sucks man.

oRequiem - October 12, 2026, 1:20 pm

(35 hours ago)Sift Wrote: [\[CITE\]](#) That sucks man. Yeah, it's just how it goes.

jcole - October 12, 2026, 6:36 pm

I aim for 7 hours of sleep each night.

oRequiem - October 12, 2026, 6:38 pm

(30 hours ago)jcole Wrote: [\[CITE\]](#) I aim for 7 hours of sleep each night.

That's a solid amount to be fair. I was doing 4 hours only back in the day.

jcole - October 12, 2026, 6:38 pm

(30 hours ago)oRequiem Wrote: [\[CITE\]](#) That's a solid amount to be fair. I was doing 4 hours only back in the day.

4 hours is not healthy for the body, and unsustainable

oRequiem - October 12, 2026, 6:39 pm

(30 hours ago)jcole Wrote: [\[CITE\]](#) 4 hours is not healthy for the body, and unsustainable

Yeah, I was brutal back then. That's when I was really grinding games.

jcole - October 12, 2026, 6:39 pm

(29 hours ago)oRequiem Wrote: [\[CITE\]](#) Yeah, I was brutal back then. That's when I was really grinding games.

Grinding games, how old are you? Grind a career

oRequiem - October 12, 2026, 6:39 pm

(29 hours ago)jcole Wrote: [\[CITE\]](#) Grinding games, how old are you? Grind a career

29 and I'm super duper duper rich.

jcole - October 12, 2026, 6:40 pm

(29 hours ago)oRequiem Wrote: [\[CITE\]](#) 29 and I'm super duper duper rich.

I'm 29 also, and not rich. Currently building wealth

oRequiem - October 12, 2026, 6:40 pm

(29 hours ago)jcole Wrote: [\[CITE\]](#) I'm 29 also, and not rich. Currently building wealth

You'll get there for sure man.

Charlie Sheen - October 12, 2026, 6:42 pm

Usually between 4 - 6 hours. I wish it was more. I wake up a lot during the night.

jcole - October 12, 2026, 6:43 pm

(29 hours ago)oRequiem Wrote: [\[CITE\]](#) You'll get there for sure man.

I've made serious progress over the last 3 years compared to if you knew me in 2022

oRequiem - October 12, 2026, 6:43 pm

(29 hours ago)jcole Wrote: [\[CITE\]](#) I've made serious progress over the last 3 years compared to if you knew me in 2022

Congrats man, that's good!

Fish - October 12, 2026, 7:30 pm

I try for a minimum of 6.... Ideally would get 8

veyro7 - October 12, 2026, 7:35 pm

I either get too much or too little. 10+ hours or like 4 hours lol

Fish - October 12, 2026, 7:35 pm

(29 hours ago)veyro7 Wrote: [\[CITE\]](#) I either get too much or too little. 10+ hours or like 4 hours lol

That's insane! How do you survive after 4 hours of sleep

veyro7 - October 12, 2026, 7:41 pm

(29 hours ago)Fish Wrote: [\[CITE\]](#) That's insane! How do you survive after 4 hours of sleep

I have a hybrid day job so if I don't sleep I will usually work from home and be a zombie for the first

half of the day. Have an energy drink or coffee and power through. I have done 4 hours for a week straight and it seriously sucked, I slept like 16 hours Saturday to catch up, do not recommend.

Fish - October 12, 2026, 8:31 pm

(28 hours ago)veyro7 Wrote: [\[CITE\]](#) I have a hybrid day job so if I don't sleep I will usually work from home and be a zombie for the first half of the day. Have an energy drink or coffee and power through. I have done 4 hours for a week straight and it seriously sucked, I slept like 16 hours Saturday to catch up, do not recommend.

That's insane. Hybrid job seems nice as you can do it from home and in person, but still. If half your day is you as a zombie... not gonna get much done

veyro7 - October 12, 2026, 11:10 pm

(28 hours ago)veyro7 Wrote: [\[CITE\]](#) I have a hybrid day job so if I don't sleep I will usually work from home and be a zombie for the first half of the day. Have an energy drink or coffee and power through. I have done 4 hours for a week straight and it seriously sucked, I slept like 16 hours Saturday to catch up, do not recommend.

You are 100% right lol. Working on it just so hard to sleep at late hours always find a reason to stay up.

Mix - October 13, 2026, 1:22 am

Some days its around 6 hours and some weekends I am lucky to get around 9 hours. I also have had times where I manage to sleep for like 11 hours but feel like doo doo after.

Sift - October 13, 2026, 2:18 am

(30 hours ago)jcole Wrote: [\[CITE\]](#) I aim for 7 hours of sleep each night. That's a pretty decent amount of hours.

(29 hours ago)Fish Wrote: [\[CITE\]](#) I try for a minimum of 6.... Ideally would get 81 hour more and it would be perfect.

(29 hours ago)veyro7 Wrote: [\[CITE\]](#) I either get too much or too little. 10+ hours or like 4 hours lol Jesus seems like that would be hard for the body.

(23 hours ago)Mix Wrote: [\[CITE\]](#) Some days its around 6 hours and some weekends I am lucky to get around 9 hours. I also have had times where I manage to sleep for like 11 hours but feel like doo doo after.

That's not too bad.

Fish - October 13, 2026, 2:19 am

(23 hours ago)Mix Wrote: [\[CITE\]](#) Some days its around 6 hours and some weekends I am lucky to get around 9 hours. I also have had times where I manage to sleep for like 11 hours but feel like doo doo after.

Really? After 11 hours you feel like shit? Wouldnt you expect the opposite?

Jinu - October 13, 2026, 2:19 am

Trying hard to get 8 hrs sleep but I can get for only 5-6 hours.

Mix - October 13, 2026, 2:20 am

(22 hours ago)Fish Wrote: [\[CITE\]](#) Really? After 11 hours you feel like shit? Wouldnt you expect the opposite?

Its a known thing where the human body sleeps to much they get headaches and shit man.

Sift - October 13, 2026, 2:22 am

(22 hours ago)Mix Wrote: [\[CITE\]](#) Its a known thing where the human body sleeps to much they get headaches and shit man.

Yea have slept too much aswell not nice experience.

Mix - October 13, 2026, 2:23 am

(22 hours ago)Sift Wrote: [\[CITE\]](#) Yea have slept too much aswell not nice experience.

My other half sleeps more than 8 hours and gets it bad all the time. I hate hearing about it but it always happens to her.

jcole - October 13, 2026, 5:05 am

(22 hours ago)Sift Wrote: [\[CITE\]](#) That's a pretty decent amount of hours.

7 is my sweet spot. Anything more or less becomes a problem for me.

Sift - October 13, 2026, 5:06 am

(19 hours ago)jcole Wrote: [\[CITE\]](#) 7 is my sweet spot. Anything more or less becomes a problem for me.

Everybody loves 7 so pretty nice number.

jcole - October 13, 2026, 5:07 am

(19 hours ago)Sift Wrote: [\[CITE\]](#) Everybody loves 7 so pretty nice number.

I know some people that sleep 10-12 hours and don't see how that is even productive in life.

Sift - October 13, 2026, 5:08 am

(19 hours ago)jcole Wrote: [\[CITE\]](#) I know some people that sleep 10-12 hours and don't see how that is even productive in life.

I've I think only once slept for 14 hrs and that was after doing some coke and xanax together.

jcole - October 13, 2026, 5:11 am

(19 hours ago)Sift Wrote: [\[CITE\]](#) I've I think only once slept for 14 hrs and that was after doing some coke and xanax together.

When I was incarcerated I frequently slept for long periods of time to try to live in a dream state.

Sift - October 13, 2026, 5:12 am

(19 hours ago)jcole Wrote: [\[CITE\]](#) When I was incarcerated I frequently slept for long periods of time to try to live in a dream state.

I think in that situation sleeping kills time so it's understandable.