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Subject: Re: Wake up when you want to.  
Posted by [Caveman](#) on Tue, 08 Apr 2008 16:06:48 GMT  
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I often wake up at 7am on a saturday and sunday just because its the norm for my body where im up at that time due to work on the weekdays.

You body sees that there is a common pattern and tries to stick by it. Six months ago I was going to bed at 2am and getting up at 10-11, for my body this was the norm. I now struggle to stay awake until 11pm.

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