
Subject: Wake up when you want to.

Posted by [Muad Dib15](#) on Tue, 08 Apr 2008 00:40:44 GMT

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I've been thinking recently after I've went to get my dad up to go to work at around 7(19):30 here. He always seems to get up at the right time to go to work everytime I go to get him up.

How is it that the human body can get up at a time that you specify even though that the time numbers are a completely human concept? I've done it my self a couple of times and have been amazed that I've woken up almost exactly when I want to.

This is what my dad does: goes to bed at about 18:30 to 18:45. Tells us to get him up at 19:30 to go to work. I go to my parent's room to wake him up at about 19:27 to 19:31. As of the late, he seems to be getting up as soon as I come to the door of my parent's bedroom. He gets up at the exact Human time that he wants to. How is that possible?

Subject: Re: Wake up when you want to.

Posted by [Renx](#) on Tue, 08 Apr 2008 01:01:27 GMT

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internal clock

Subject: Re: Wake up when you want to.

Posted by [Berkut](#) on Tue, 08 Apr 2008 02:30:51 GMT

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Circadian rhythms.

Subject: Re: Wake up when you want to.

Posted by [R315r4z0r](#) on Tue, 08 Apr 2008 03:13:38 GMT

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It isn't running on numbers, that is just how you intemperate it. Your body just knows when it is the right time due to getting up at that time a lot.

Your body doesn't say "Oh it's 7, time to get up" it just uses its senses and determines that this is when it is accustomed to doing so.

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.

Your 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.

Subject: Re: Wake up when you want to.
Posted by [Ryu](#) on Tue, 08 Apr 2008 17:28:50 GMT
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When I was in Oxford the other week, It was Monday morning, 8 in the morning, I had to get up then and my alarm clock woke me up.

I fell back asleep and woke up again at 10:30.. Guess what time that was for? My train leaving.

Your brain senses a time to get up and you do, It ain't rocket science but then again it ain't no walk down the park explaining either.

Subject: Re: Wake up when you want to.
Posted by [_SSnipe_](#) on Tue, 08 Apr 2008 17:31:52 GMT
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same for me ill set my alarm for something important and i always wake up on my own like 5 or 10 minutes before the alarm goes off.....and was always full of enegery

Subject: Re: Wake up when you want to.
Posted by [Blazer](#) on Tue, 08 Apr 2008 20:00:30 GMT
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Most people have a rythmn to their sleep, where they sleep in "cycles" of for example, 2 hours. Every 2 hours they are in a state of very light sleep. During this time it is very easy to wake up. Conversely, if you try to wake someone in the middle of a cycle, they are disturbed from REM sleep and are very groggy and disoriented.

So, if you know you have 2 hours cycles, and need to get up at 6am, you would go to sleep at a little before 10pm, so that it will be easy for you to get up at 6.

Another way is to train your body that it is time to be awake at a certain time. This can be done by basically bright light therapy, where you get up and expose yourself to bright light, preferably sunlight. This helps set your internal clock to wake you around that time.

Subject: Re: Wake up when you want to.
Posted by [Doitle](#) on Thu, 10 Apr 2008 03:21:59 GMT
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Your dad is a robot. Place a large magnet under his pillow.

Subject: Re: Wake up when you want to.
Posted by [Blazer](#) on Thu, 10 Apr 2008 13:01:40 GMT
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Doitle wrote on Wed, 09 April 2008 20:21>Your dad is a robot. Place a large magnet under his pillow.

SPAM FTL

Subject: Re: Wake up when you want to.
Posted by [nikki6ixx](#) on Fri, 11 Apr 2008 19:07:04 GMT
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I'm pretty much the same thing. I've gone to bed, and woken up at around the same times since I started working; about 3/4 years.

It's nice not needing an alarm... but sometimes I wish my body wouldn't wake me up when I'm in the middle of a dream featuring someone like Fiona Flanagan.

Subject: Re: Wake up when you want to.
Posted by [light](#) on Fri, 11 Apr 2008 21:21:59 GMT
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Blazer wrote on Fri, 11 April 2008 01:01Doitle wrote on Wed, 09 April 2008 20:21>Your dad is a robot. Place a large magnet under his pillow.

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Don't be harsh. I loled.
