

title: **Anyone work non traditional hours?**

id: nov9n6

url: [here](https://www.reddit.com/r/ADHD_Programmers/comments/nov9n6/anyone_work_non_traditional_hours/): [https://www.reddit.com/r/ADHD\\_Programmers/comments/nov9n6/anyone\\_work\\_non\\_traditional\\_hours/](https://www.reddit.com/r/ADHD_Programmers/comments/nov9n6/anyone_work_non_traditional_hours/)

num\_comments: 26

num\_up\_votes: 43

upvote\_ratio: 1.0

#### #### Post Text ####

ADHD is frequently comorbid with delayed sleep and insomnia. Does anyone work different hours to accommodate a non traditional sleep schedule? Did you have to jump through any hoops to get the work hours you wanted?

#### #### Comments ####

##### Commenter\_2

ID: h024o0q, Upvotes: 41

As a student I often coded late at night. These night sessions sometimes were super productive, but the next day I was often too tired to do anything I didn't really want to do. Being tired really makes all ADHD symptoms worse. In my day job I now have a much more strict schedule of getting up early and finishing on time. It forces me to not procrastinate and overall I'm much happier having the afternoon off and doing other things besides sitting in front a screen.

##### Commenter\_3

ID: h02bm71, Upvotes: 19

I used to work evening/night quite regularly but getting older I stopped.

It's great in the short term and you can have the feeling that you're making great progress... however, sticking to a strict routine with well-defined work hours and getting good sleep at night are what's winning the marathon.

If you're a young student you can probably manage this schedule, but when you're a professional past 30, and one sleepless night reduce your performance for two days, not even mentioning the possible back pains etc... Well you learn to work at reasonable hours.

##### Commenter\_4

ID: h031afd, Upvotes: 6

My wife also has ADHD and we've founded a small SaaS B2B startup together (currently we're at \$ 135k ARR/annual recurring revenue).

Telephone customer service is in general a pain in the ass, even though the customers are almost always super friendly and nice. But it's necessary for our customers to trust our product (we're located in Germany and especially German companies love to know that there is a phone number they can call, just in case ...)

We love to work at night and on the weekend, because this is the only time we can work fully concentrated. We hate to work at fixed working hours. This is why we have introduced telephone hours for our customers, so we can work at night on weekdays too. Of course, this is not a perfect solution, but it's the best we've found so far.

Sometimes it's hard to have such a broken sleep pattern, but we've learned to accept it.

This article helped a lot:

<http://paulgraham.com/makersschedule.html>

##### Commenter\_5

ID: h02ecuo, Upvotes: 3

I'm self employed so choose my own hours but usually I start at 8pm and finish 2-4am

##### Commenter\_6

ID: h03w7j4, Upvotes: 1

What do you do? Freelance online or physical business?

##### Commenter\_5

ID: h03xqux, Upvotes: 2

My own small online business

##### Commenter\_6

ID: h03zw79, Upvotes: 1

Niiice! I tried selling on Amazon but I was way too unorganized to pull it off. Online sales are great money and it sounds like you got a good mind for it :)

##### Commenter\_5

ID: h04bfjs, Upvotes: 2

I do online sustainability news. I do mostly editing work because I usually can't bring myself to write anything

##### Commenter\_7

ID: h02jfdn, Upvotes: 3

I still sometimes do it to give myself a boost or whatever, but generally speaking I try to stay within a window of say 8am - 18pm in order to have a social life outside of work.

In my experience prolonged periods of working at weird times make everything else way more complicated and isn't worth it in the end

##### Commenter\_8

ID: h02ybgj, Upvotes: 3

I work a midnight to noon four day on four day off schedule. It works. We are a 24x7 team. I struggle to get to sleep sometimes on my work days, but having the four days off the recover allows me to do it. I am a night owl, or so I thought, now I believe I'm N24 or polyphasic sleeper.

##### Commenter\_9

ID: h03ez6z, Upvotes: 3

My partner and I both were diagnosed mid-30s, and both feel we have delayed sleep issues. Both of us work from home, which is exceedingly helpful with the sleep stuff.

I've been able to train my body to get up at 8:30, but no earlier. I get up then, do my morning routine (take the dog out, light lamp, read, meditate, exercise, shower, eat) and work from 11-7. I own my own business so I'm fortunate to be able to have some control over my schedule, but I also have SO MANY MEETINGS and it can be really hard to task switch and get my "actual" work done, so I try to have at least one hour for deep work at the start of the day, and at least one weekday with no meetings. I try to go to bed around midnight, but it's pretty hard sometimes.

Partner is experimenting with a true delayed sleep schedule to also work around how disruptive meetings are. He'll sleep until 11 or 12, work (mostly meetings) between lunch and dinner (around 8), we hang out for a couple of hours, and then he starts work again around midnight to 3am. It's working really well for him, but the main problem is he'll get into hyperfocus in the late night work session and will often end up working really early into the morning and then not get enough sleep. His main trouble was having to set boundaries

with people about not having meetings during the off times. Otherwise, his work was supportive they didn't really care as long as he was attending any required meetings and getting the work done.

##### Commenter\_10

ID: h03k8fn, Upvotes: 3

My company is pretty flexible, I can't ever get to bed early to save my life so I hold hours of roughly 10:30 to 6:30

##### Commenter\_6

ID: h03w5dj, Upvotes: 2

I fought it for a while with traditional work and office jobs, but it just never worked out.

Now I'm doing 1pm~9pm working outdoors all day and couldn't be happier :)

##### OP

ID: h03wdo0, Upvotes: 1

What do you do for work now?

##### Commenter\_6

ID: h03zmqv, Upvotes: 1

Medical courier, transport stuff between labs in a company car

E: thought this was the regular adhd sub, my bad if this is irrelevant to what you were looking for

##### Commenter\_12

ID: h04fiyb, Upvotes: 2

Formally, no. But I often work into the evening and take a few hours off the next day where I do my own stuff. Maybe it's dishonest not to tell people I'm doing that but I make sure the hours at least even out so I don't feel like I'm doing wrong.

##### Commenter\_13

ID: h04fjpi, Upvotes: 1

Hi doing that but i make sure the hours at least even out so i don't feel like, I'm dad.

##### Commenter\_14

ID: h02azm9, Upvotes: 1

It actually helped to get to job but its call center so not very applicable to coding

##### Commenter\_15

ID: h02ial4, Upvotes: 1

I suffer from non-24, and while it is sometimes a bit of a fight to get people to understand that no, I really \_can't\_ attend meetings scheduled like that unless you want me to be a complete zombie that day, I definitely work a non-traditional schedule.

##### Commenter\_16

ID: h02m34u, Upvotes: 1

I do, So I work for a small development firm, My contract states the "majority of my work day hours need to be between 8:30 and 4:00 pm

I too suffer sleep issues, both sides of the night. Mainly due to adhd and chronic pain. so I have a habit of starting work 4-6 AM, working most of the day, then taking off around 1 or 2, head out do my errands or

doc apts, then come back and finish out anything i needed to.

It should be noted that my company is in Eastern Time zone, our Primary client is west coast

##### Commenter\_17

ID: h02u9ym, Upvotes: 1

I used to work three 12 hour days, then had 4 days off. It was a great schedule

##### Unknown\_User

ID: h040h9i, Upvotes: 1

[deleted]

##### OP

ID: h041nci, Upvotes: 1

If you don't mind maybe you could post or pm me all the rules? I get curious about this kind of stuff

##### Unknown\_User

ID: h0mcu37, Upvotes: 2

[deleted]

##### OP

ID: h0uwob8, Upvotes: 1

Thanks for sharing. Lot's of good info here.

I do those except for 2&3. My wake up time can be around 2 hours different depending on the day. I also read the news on my phone before I try to go to sleep. I find it's interesting enough so I am not bored but not too engaging that I am forced to concentrate on it.

Replacing the phone with a newspaper would probably disrupt my partner in the bed so there's not a good substitute.

##### Unknown\_User

ID: h04ljhu, Upvotes: 1

Used to be serially late to my first few jobs to the point that they even kinda gave up raising it with me.

I eventually settled into a start time around about 10:30 back then, but these days manage to get to work at about 10 consistently, and work until 6. I like this schedule. A lot of other people in my office work similar schedule, mostly those with kids to drop at school first, haha

##### Commenter\_18

ID: h04tx9e, Upvotes: 1

> frequently comorbid with delayed sleep and insomnia

Sigh. Yeah.

> Does anyone work different hours to accommodate a non traditional sleep schedule?

I hate mornings, I'm not productive at all in the morning. I've written some of the best code ever late at night, sometimes in the afternoon.

> Did you have to jump through any hoops to get the work hours you wanted?

Good companies realize that its doesn't matter \*when\* a person works, only that they actually get shit done. Its always a bit of a struggle.

##### Commenter\_19

ID: h0fj83g, Upvotes: 1

I work mornings. I'm up at 4-4:30am and working by 5. Finish my day around 3. Suits me really well and my company has been happy with it.