

HOW TO WAKE UP EARLIER

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The 30 minutes before sleep should be spent relaxing.



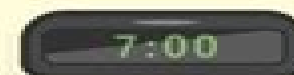
Get sun as soon as possible.

Sunlight shuts off melatonin production, which will leave you more alert and primed to begin producing it again the following night.



Don't eat or drink alcohol right before bed.

Eating before sleeping can result in heartburn, and a nightcap often causes sleep disruptions.



Place your alarm across the room.

And don't hit snooze!

Put your phone or tablet away.

The screen's blue light mimics the brightness of the sun, which tells your brain to stop producing melatonin, an essential hormone for a good night's rest.



Drink a glass of water.

It will replenish the water you lose by sweating and exhaling through the night.

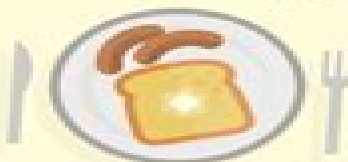


Clear your morning.

This will help to save your limited willpower for more pressing tasks.

Plan a good breakfast.

It will motivate you to get going.



Get some exercise.

It doesn't have to be time-consuming or intense — a few minutes of basic yoga can be enough to wake you up.

How To Wake Up

Christian G. Meyer



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