

# HOW TO WAKE UP EARLIER

## Read a book or magazine you enjoy.

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.

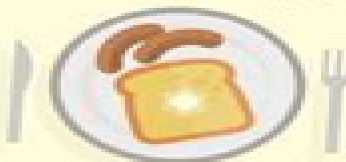


## Clear your morning.

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 Early Easy Steps To Early Rising

**Lei Huang**



## **How To Wake Up Early Easy Steps To Early Rising:**

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