

# 19 tips to help you achieve high efficiency when staying up at night

The tips for working at night are still awake and energetic.

Getting enough sleep is an important factor in improving productivity. According to many studies, too little sleep time will negatively affect the body to a degree no less than when we were drunk.

However, the fact is due to work pressure as well as development (promotion, position, new projects .) that many people cannot adjust their leisure time. They are forced to work overtime at the office or bring the materials home and stay up late for further processing. In such cases, the question is: if you go to bed so late, is there any way to still be as effective as you do during the day?

Of course yes and 19 secrets below are very helpful tips for "night owls" as you are looking for. If applied correctly, make sure you will still work awake with the best effect.

## 1. Meditation or yoga



Practicing yoga will help reduce stress and mental fatigue, help improve work efficiency and relax your mind. Studies show that stress will make us no longer alert enough to focus, leading to reduced productivity, however, if taking about 15 minutes to practice yoga or meditation, the effect will be significantly improved.

## 2. Take a break before starting

Setting aside a break before starting to sit at your desk will also help improve productivity. After returning home, you can spend about 20 minutes to refresh your body before continuing to fight the documents for the next few hours.

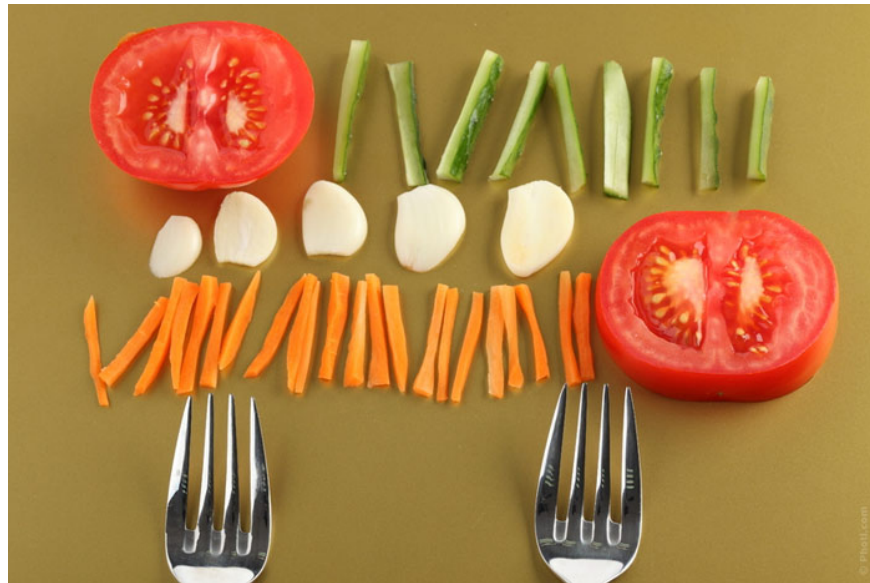
## 2. Set strict deadlines

**Contently**, setting a deadline with a strict time will make us more efficient. For example, starting to process the work at 7pm and then renewing yourself for 1 hour to complete will be more effective than working without a limit.

## 3. Write the goals out of paper

Writing 2 or 3 most important goals on paper will help you understand what to do and complete them on time.

## 4. Eat a light dinner, on time



Stimulants like coffee can help you stay awake, while food has a direct impact on our cognitive abilities throughout the day. Snacking in the evening and eating on time will make your body relax earlier, digestive organs such as the stomach and intestines do not work too much and you will also have more time to relax before continuing work.

## 5. Create a list of songs / music files with increased focus

Many studies have found that music has a direct impact on our productivity, making repetitive tasks less boring and improving efficiency. Currently, there are many types of music to choose from, however, classical music is still considered the most ideal choice.

1. **5 types of music help increase productivity so listen every day**

## **6. Do not work in bed**

Sitting in bed may make you feel more sleepy and in the long run, the harder you will be to sleep because the brain is accustomed to the idea that the bed is for work, not for sleep.

## **7. Do not watch TV while working**

While watching TV / video while working, the brain has to deal with a lot of information, resulting in reduced ability to concentrate, energy dispersion and very low efficiency.

## **8. Exercise before starting work**

Not only yoga, almost all forms of exercise such as walking, breathing, hand exercises, etc. are beneficial in increasing cognitive ability and energy recovery.

## **9. Drink water**



A recent study found that drinking water can increase work efficiency by about 14% and improve the amount of gray matter in the brain.

## **10. Leave simple, effortless tasks in the evening**

Instead of trying to accomplish the tasks that require a lot of effort and concentration, do the easy, small tasks in the evening. This also means that during the daytime, you should do difficult tasks first so that the time to go home only takes care of simpler things.

## **11. Determine clearly what you can do**

In the evening, the ability to concentrate and effect can hardly be compared to the day. So, if you want to achieve high productivity, you should not exceed expectations or set goals too big. Instead, be realistic about what you can accomplish in the evening and try to get them done on time.

## **12. Limit Internet usage**

If your work is primarily done with software on your computer or handled directly on paper documents, it is best to disconnect or restrict Internet usage to a minimum. Because, if you visit the website, you will be easily dispersed by advertising images, video, audio and many other confounding factors.

## **13. Stand up**

After a period of work, get up to move your body, change the air, improve your concentration, energy and mind relaxation.

## **14. Wear work clothes to work**

This may seem unbelievable, but if you wear nightwear and work, you're more likely to want to go to sleep than wearing a business attire.

## **15. Eliminate distracting factors**

Turn off all electronic devices such as TVs, washing machines, vacuum cleaners, phones . to reduce noise, help you have a quiet space to focus on work.

## **16. Find the right place to work**



If working late at night, it is important that you choose an ideal place to work. It is best to have a room or a separate desk to stimulate excitement.

## 17. Use a suitable light source

Many studies have confirmed that green light has the effect of increasing awareness and stimulating energy production. Therefore, when using lights with green light, the body will become alert and have a working spirit rather than using other lamps.

## 18. Cool water bath

Cool bathing before sitting at the table is an ideal way to keep your mind clear. However, you should not use water that is too hot or too cold to avoid colds by bathing at night.

## 19. Drink lemon tea

The aroma of lemon and tea will help improve your mood and avoid feeling very tired very effectively.

You finished reading the article "**19 tips to help you achieve high efficiency when staying up at night**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.