

30 minutes every night for good sleep and energetic morning

Every night, you only need to spend 30 minutes to practice the following habits, all stress and anxiety will be released. You also sleep better and wake up in a refreshing mood like never before.

About the author : The article is translated from sharing by Darius Foroux, author of Massive Life Success and @ProcrastZero founder on page Medium.

After a busy day of work, most people are languid and just want to lie down on the bed and sleep deeply. Ironically, sleeping is not easy when your muscles are tired and what happens during the day keeps in mind, making it impossible for you to sleep.

Many times, I came home quite late, so it was difficult to fall asleep immediately. I watch TV, read newspapers just to make sleepiness easier but the effect is negligible.

When you're ready to go to bed, it's paradoxical that you can't sleep. Your head is messy with so many thoughts that you don't want them to appear in your head.

In fact, there are many people who fall into the same situation as you. According to the National Sleep Foundation, **45% of Americans say that lack of sleep or poor sleep has a negative impact on their daily activities at least once a week.**



So why is the evening so important? In fact, even if you have built good habits in the morning, a well-planned schedule and set goals to accomplish in the day, if you lack energy, you won't do it. What works.

In the past 6 months, I have tested a lot of "ritual" in the morning and evening. What I found out was morning morning ritual - a series of activities done regularly like morning routines - very easy to do.

However, it is also very easy to give up. **When we wake up with a tired mood, we often have negative behaviors, which are exactly bad habits.**

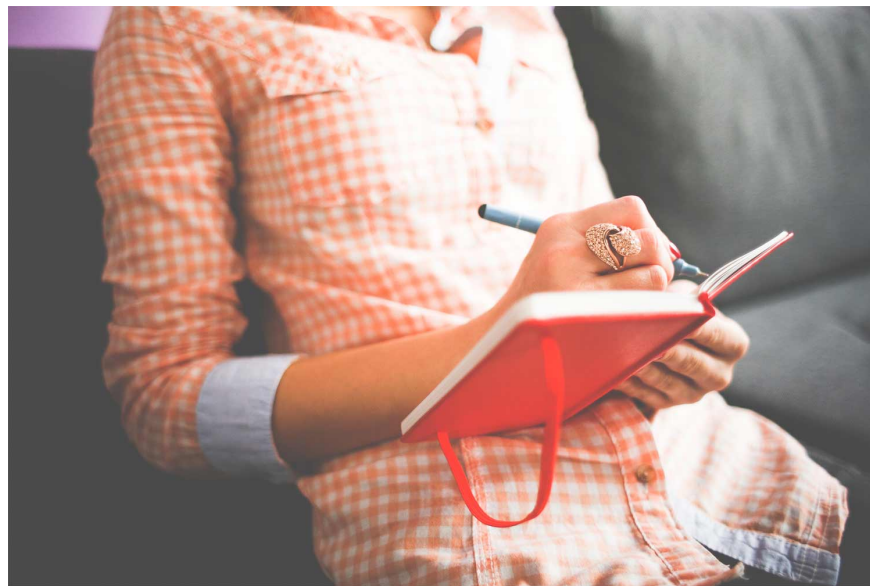
And as a result, you lose. You fail with distraction, out of control, worry and no longer feel as happy as before.

This is why I created a "rite" in the evening ritual to help me get ready for the rest time I deserve. We all know this: **a good sleep should last 7 to 8 hours.** However, not everyone and we do not always comply.

With the ritual below, I have found an effective way for me to be more consistent with my good habits in the evening and with my life.

The first 10 minutes: Ending the day

Every evening, I **spend 10 minutes to keep a diary of my day** activities. In a few sentences, I summarize what I have done, learned and anything worth remembering.



That simple exercise helped me:

1. Remembering what I did (it sounds silly, but they all forgot most of what we did).
2. Reassess my progress and see if I am doing everything I should do (such as reading, exercising, spending time with my family, writing, talking to colleagues).

I learned this exercise from Jim Rohn. He once said that every day, we should review the achievements and those results will motivate us or appreciate what we have tried.

Very simple: Finish the day before the start of the new day. Similarly, finish one week before starting a new week. Every month, every year, you should do the same.

Sounds easy, isn't it? This is one of the "simple" ideas that have a tremendous impact on your life.

From 20 to 25 minutes: Review tomorrow's plan

This is very necessary. When you wake up, you want to know exactly what your day will be like? Do you have any important meetings or calls? Deadline for example? What will you have to do to complete them all?

When will you do them? Do you have any urgent tasks in the plan? When will you solve them all?

This is a simple exercise that helps me eliminate almost all stress and anxiety.

Most anxiety comes from unresolved issues. And often, we worry about things that don't exist. However, when I say to myself: I will handle the X problem from 10 am to 11 pm, you can be much more comfortable.

At the same time, you don't have to work late at night. Just be ready to take a break and leave the other issues to solve tomorrow when your mind is relaxed and clear.

From 20 minutes to 25 minutes: Prepare your outfit

I did not want my mind to be tense without reason. Look, your brain is like muscle. And after making some decisions, it will begin to show signs of fatigue, reduced function and no more energy. This means the level of correctness in your decisions will also decrease.



This phenomenon is called **Decision Fatigue (tired of deciding)**. But I no longer worry about this in the evening anymore because I decided to go to bed to recharge my brain. Clinging to the desk a little more will not have much effect. However, making a wrong decision will affect your performance if you have a headache because you don't know what to wear in the morning.

So why don't you prepare clothes in the evening so you don't have to take too much energy for this choice in the morning?

"Why don't you wear the same clothes every day?"

The answer is: I'm not Steve Jobs.

From 25 to 30 minutes: Visualize

Because I was planning for my day before, I knew what would happen to me during the day. Next, I visualized it in my head in detail.

In the book **Smarter Faster Better** (translated: **Smarter, Faster, Better**), author Charles Duhigg once mentioned the habit of visualizing in detail about the new day of people who are productive. The highest will have a positive impact on them, in comparison with the majority of people who do not have this habit.

I like to do this exercise every night because when I wake up in the morning, I still remember what I had imagined.

The result is: No more delay button.

You can't imagine how many times I have pressed the Snooze button (postpone the alarm) the day before. In fact, I "snooze" so much that the alarm on the phone also loses its effect.

Postponing storms means you fail.

However, since this 30-minute ritual, I am no longer like that. As a result, I also went to sleep without worrying and waking up with concentration and knowing exactly what I had to do to get a nice day.

And that's what I achieved. **30 minutes every evening will create a huge effect if you want to improve your life.**

So, start testing tonight and get results. Good luck.

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