

7 absolute habits should not be done after waking up in the morning

Get up early but still do not change these 7 habits, your morning is still very tired and just want to go back to bed to ... continue to sleep.

Not everyone can practice the habit of getting up early in the morning and not everyone maintains the habit of reading news, taking a cool bath or dancing to the tune of his favorite song to have an exciting morning. start. It is this that makes many people, even though they get up on time but still start a day feeling depressed, tired, even just want to return to their beloved bed to . continue to sleep.

Here are 7 extremely bad habits that experts warn each person to change right away to get up early to properly promote its effect: **get up early to start a new day full of energy and energy.**

1. Turn on the "delay alarm" button (Snooze)



According to sleep expert **Timothy Morgenthaler** , most sleep studies suggest that delaying alarms is not good.

That's because, in part, if you fall into a deep sleep after turning on the alarm delay button, you continue to go into sleep cycles that will definitely not be complete. So, wake up in a drowsy state, groan rather than continue to sleep.

2. Shrink



If you haven't turned on the delay button, congratulations. However, to be more cheerful, don't curl up or curl up in the blanket. According to Harvard University psychologist **Amy Cuddy** , **straightening your body while lying in bed** (after waking up) is a great way to **activate your day 's confidence** . Cuddy also added that the **straightening of the two-arm straightening** routine makes each person feel extremely comfortable and happy. Conversely, if you curl up like "fetal posture", you will wake up in a very stressful mood.

3. Check email



According to **Julie Morgenstern** - the author of the book "*Never Check Email in the Morning*" (Temporarily translated: *Never read emails in the morning*) in a sharing with **The Huffington Post** Magazine, if you start the morning this way , "you will never be awake".

4. Do not clean the bed

According to **Charles Duhigg** - author of "*The Power of Habit*" and "*Smarter Faster Better*" (roughly translated: *Smarter, faster, better*) clean the bed after sleeping related to increased productivity during the rest of the day.



Although it is unclear whether folding blankets after waking up will increase productivity or those who live in the organization are more likely to clean up the bed early in the morning, however, Duhigg also shared that cleaning the bed after a few minutes of waking up is a habit of playing a key role in "igniting" the chain reaction, making other good habits developed.

5. Drink coffee

If you think you won't be able to wake up if you don't take a sip of coffee, you need to think again.



Your body produces a hormone called cortisol (stress hormone) that helps regulate energy from about 8 to 9 am. So, for most people, **the best time to drink coffee is after 9:30 am.**

If you drink coffee before this time, your body will start adjusting itself by reducing the amount of cortisol produced in the early morning, which means you still feel tired and very uncomfortable when you wake up early.

6. Leave the room too dark

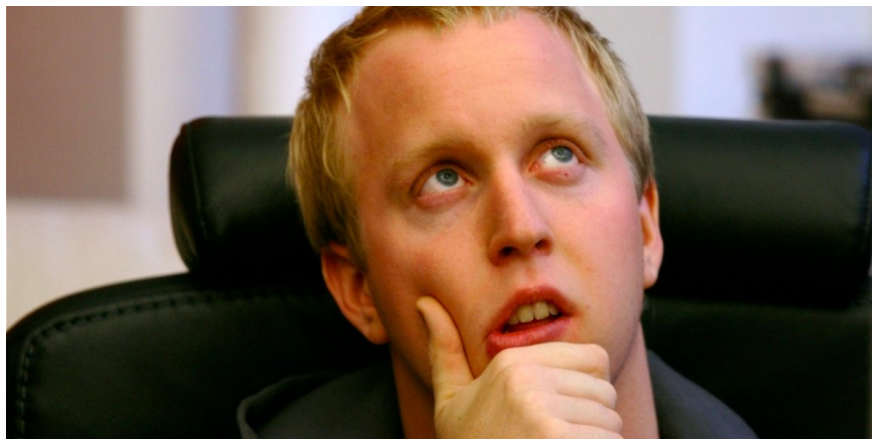


The biological clock in our body is very sensitive to light and darkness is **Natalie Dautovich** 's **affirmation** from the **National Sleep Foundation** in a sharing with **The Huffington Post** . Therefore, if after awakening, the room is still lacking in light, it is very difficult for your body to recover and sleepiness is inevitable.

7. No plan

Maybe you drink water, maybe you hear some melody and maybe you call a friend .

These activities, in essence, are good. However, it is best that you link them to a specific habit, such as waking up and drinking water while listening to music; After that, get dressed, go to work and call friends on the way to the bus stop.



Scientists say that the willpower of Willpower is limited and when we use it very early on every day to decide what to do next, in the rest of the day, they We will find it more difficult to focus on work.

Instead, let the brain be operated automatically in the morning and store spiritual resources when you really need them.

Now commit yourself: do not turn off the delay button, do not read the email, do not drink coffee too early, do not bend on the bed, fold the blanket after having woken up for a while, open the window in the morning Early and keep your body comfortable before starting a new day to study and work.

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