

8 mistakes should be avoided to have an energetic morning

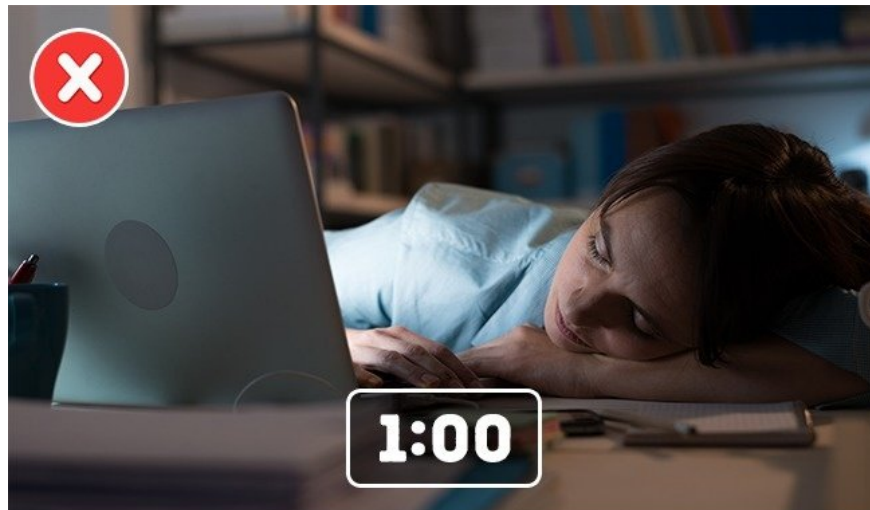
Wake up every morning, you can feel really refreshed or very sluggish. Here are 8 mistakes you should avoid to have an energetic morning. Invite you to consult!

1. If your efforts are still unsuccessful, you may have made 13 mistakes!
2. 8 critical mistakes that most people make and how to solve them
3. Top 10 common mistakes when processing everyday dishes

Wake up every morning, you can feel really refreshed or very sluggish . This feeling must have been so familiar to many of us: after going to bed early and sleeping for not less than 8 hours, you still feel sleepless and tired. We often blame stress and daily work pressure, but sometimes the cause of morning fatigue is completely different.

Therefore, we will tell you what prevents you from having a good night's sleep. Here are **8 mistakes you should avoid to have an energetic morning**. Invite you to consult!

8. No daily plan





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First, to be able to wake up in the morning, you need to have a good night's sleep first. Our lives often follow **biological rhythms** (*also called biological clocks*), the cycle of constant changes between lack of sleep and alertness. Going to bed at different times each night often breaks this cycle and may lead to symptoms of drowsiness and fatigue in the morning.

Make a habit of going to bed at the right time every night . Biorhythms, the biological cycle of sleep and awakening should be done regularly and accurately.

7. Sleep on the weekend

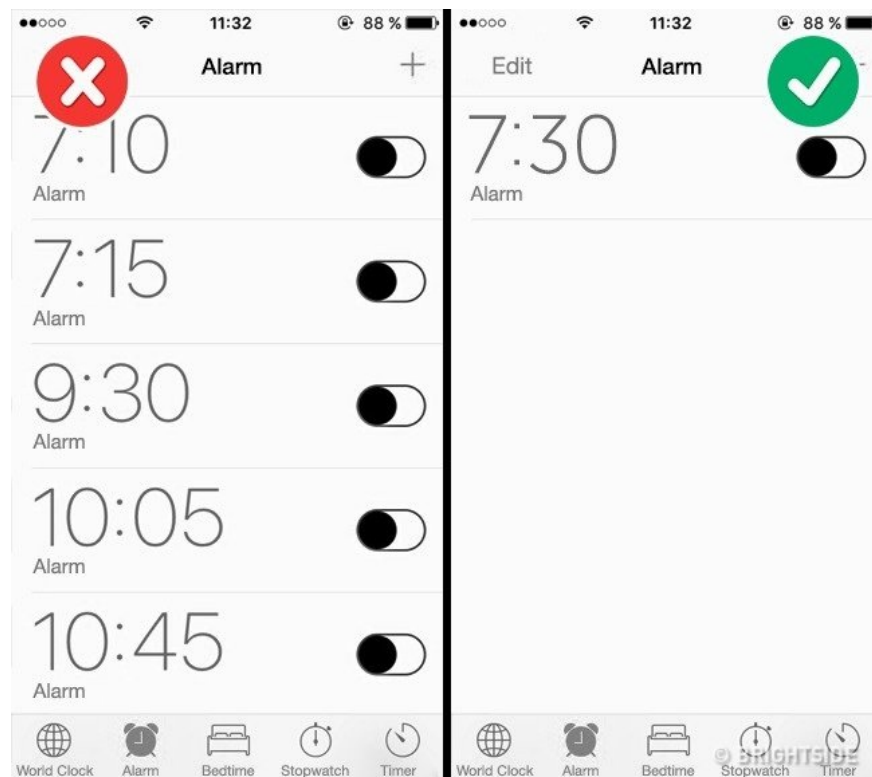


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If the days of the week you usually sleep only 5-6 hours, while the weekend sleep time is twice as long, then again you break the biological clock of your body already. In addition to sleep disorders, it also poses a risk of obesity, type 2 diabetes and cardiovascular disease.

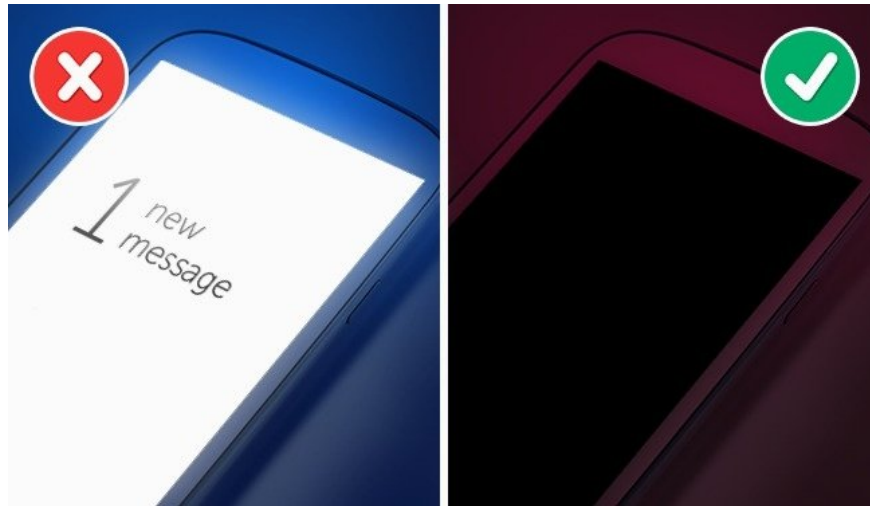
To avoid this, **try to wake up at the same time every day of the week**, without changing your daily wake time by more than an hour. Keeping your circadian rhythm steady will help you know when your body needs rest.

6. Alarm several times



Setting the alarm back after 15 minutes does not bring you any benefits or even harm. Setting the alarm several times will make the sleep fragmented, deep, erratic and feel more tired when you wake up. It's best to set the alarm clock at the right time that you need to wake up - train your spirit.

5. Lighting in the room



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If your eyes 'catch' any light source, the body will inhibit the production of melatonin during sleep, which can lead to **sleep disorders**. This effect applies to both natural light and artificial lighting such as lights on a TV's trigger button or a mobile phone signal light. Therefore, it is better to completely turn off the technology equipment in the bedroom.

4. Skip breakfast



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Breakfast helps start the clock to count down the time until the next resting period. If the interval between eating and waking is too far apart, your body may increase levels of stress hormones.

3. Eat foods high in starch and sweeteners before sleeping



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Eating before going to bed can harm not only your body, but also your own sleep. This is especially true for foods with a high blood sugar index, which increases cortisol levels in the body. This effect lasts for 5 hours, so **remove pizza, pastries and potatoes 5 hours before bedtime** and replace them with lighter foods like yogurt or low-fat meat.

2. The bedroom is messy



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Researchers claim: " *A messy bedroom is a reminder of things you have not completed in the day .*" Conversely, a neat room and a clean bed will encourage you to go to bed earlier. To have a good night's sleep, **clean up your bedroom** more often.

1. Take a hot bath or shower before going to bed



Soaking in warm water will help you relax and may fall asleep at any time, but remember **not to take a hot bath or bath right before bedtime** . Because reduced body temperature is one of the signs that it is when you need to go to bed and a hot bath or shower will disrupt this signal now. **To prevent this, take a bath about 1.5 to 2 hours away from bedtime.**

See also: These are 7 common mistakes that prevent you from achieving your life goals

Having fun!

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