

Discover the ideal time to do everything in the day by age

Let's explore the ideal time to do everything in a day-by-day period below!

It seems that almost everything has a certain ideal time to do it, even if choosing a new perfume. However, when the human biological clock changes over time, when you get old you need to change your time to do everything. Age changes, which means that the biological clock also changes, making the ideal time to do normal things gradually different. On the **Bright Side** page, statistics from a number of scientific sources provide you with information to learn more **about the reasonable time to do everything according to your age** . Invite you to consult!



Wake up

1. When 20:

9:30 am: When the amount of orexin (*hormone that helps to wake up, wake up*) has not encroached on the amount of melatonin (*hormones causing sleepiness*) until the middle of the morning.

1. When 30:

8:00 am: The body's biological clock does everything earlier to help you maximize your awake during the day.

1. When it was 40:

7: 50 am: Sobering Hormone intensifies when you turn 40. At that time, you will begin to notice that you are more alert and sleep less.

1. At the age of 50 :

7 am: At this time, the state of deep sleep diminishes, you will notice that your body is awake even more when you are 40 years old.

1. At age 60:

6:30 am: At this age, the body starts to like light as well as recognizes the benefits of more sunlight. Therefore, it wakes up the body earlier than when you were a child.



Have breakfast

1. When 20:

10 am: Young people often skip breakfast simply because they are not hungry at this time. Young people often use coffee in the morning, especially around 2 pm after waking up to cope with the " *sleepy* " situation.

1. When 30:

8 hours 40 minutes: At this age, it is best to avoid breakfast with foods that contain a lot of sugar or starch.

1. When it was 40:

8:00 am: A meal with lots of fiber will help you stay full longer.

1. At the age of 50:

7:30 am: Metabolism is 5% slower per decade from the age of 40. So, this is a good time to eat breakfast.

1. At age 60:

7 am: Some vegetables and fruits are suitable for breakfast because they provide a lot of energy but don't get too much calories for the body.



Start to work

1. When 20:

12 noon: At the age of 20, the brain begins to work best at noon time. However, this may make your boss unhappy.

1. When 30:

10:30 am: In the middle of the morning, the amount of cortisol in the body will increase to the highest level to help you focus more on difficult tasks.

1. **When it was 40:**

10:30 am: This is a good time to work when you're in your 40s, because the " *sleepy* " feeling is no longer there.

1. **At the age of 50:**

9:30 am: The ability to concentrate and alertness at the age of 50 highest at 9:30 am, so take advantage of this time to work effectively.

1. **At age 60:**

9 am: The most reasonable time for the brains of the 60-year-old and the most lucid in the 9 am time period.



Lunch

1. **When 20:**

3:30 pm: Because sleeping up late, starting everything late, so having lunch late is not difficult to understand. The body needs to charge energy to maintain concentration.

1. **When 30:**

2:00 pm: If you haven't eaten during this time (*and have breakfast at the right time above*), your body will start using glucose inside which may make you feel uncomfortable.

1. **When it was 40:**

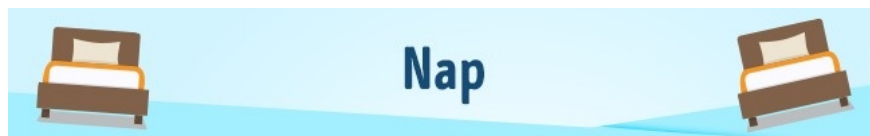
1:50 pm: Lunch at this time will make up for the energy needed to do things in the afternoon better.

1. **At the age of 50:**

1 pm: At this age, you should use more and more quality lunch instead of having dinner because having too much dinner will make you sleepless.

1. **At age 60:**

12:30 PM: The taste of the 60s is most active between 11am and 1pm.



Nap

1. When 20:

Surely you will not take a nap, or if there will be leftover during the break before the afternoon work.

1. When 30:

3 hours 40 minutes: Mid-afternoon is a reasonable time to recharge with a nap for only about 20 minutes.

1. From 40 to over 60 years old:

2 pm: When you get old, having lunch, you will start to feel a little tired. By the age of 60, don't try to force yourself to take a nap, experts say that you should only sleep when your body is tired, and you can't use a cup of coffee to keep your mind clear.



Physical activity

1. When 20:

5 pm: If you want to go to the gym or play sports, do it at 5 pm because the ability of the 20-year-old to be physically active is best during this time.

1. When 30:

7 pm: At the age of 30, muscles work best at the end of the day.

1. When it was 40:

8:45 PM: Scientists and experts think you should practice this time to help your blood flow better.

1. 50 years old and older:

8 pm: The gentle activities will prevail to help blood flow better, the body is more supple and healthy.



Stop working

1. **When 20:**

8 pm: At this age, the concentration is highest in the afternoon.

1. **When 30:**

6 hours 40 minutes: Ending work at this time will keep alert until dark, if working overtime can make you tired and more distracted during the day.

1. **When it was 40:**

6 hours 20 minutes: After that time, the concentration begins to subside, followed by the fatigue of the day's working time.

1. **At the age of 50:**

5:30 pm: The body begins to notice a decrease in concentration, memory gradually deteriorates during this time. 5:30 pm is a reasonable time to end the hard working day.

1. **At age 60:**

5 pm: Of course, if you have not retired and still work, stop everything at 5 pm before burning up your energy for evening activities.



Use electronic devices

1. **When 20:**

8:30 pm: Take advantage of the remaining focus from the afternoon, you can devote to technology or entertainment equipment.

1. **When 30:**

10 pm: Although this is a good time, use it only a little bit to affect sleep.

1. **At 40 and 50 years old:**

9:30 PM: Limit your usage time to 1 hour per day to avoid distraction as well as joint problems that may be encountered during the device.

1. **At age 60:**

9 pm: As we age, our eyes become more sensitive to light, especially artificial light. Only use electronic equipment if absolutely necessary, do not protect your eyes and protect sleep.



Dinner

1. When 20:

9:30 pm: This may sound unscientific, but eating at this time will give you energy to the end of the day.

1. When 30:

8 hours 10 minutes: At this age, dinner takes place about 1 hour and 30 minutes after work is the most reasonable.

1. When it was 40:

7:30 pm: Dinner at this time will allow you enough time to digest food before going to bed.

1. When 50:

7 pm: A normal meal, not too much to keep blood cholesterol low, avoid heart disease.

1. At age 60:

6:30 pm: An early dinner will help reduce heart-related diseases as well as not affect food digestion.



Bedtime

1. When 20:

1 am: Actually when you are young, you can customize your bedtime to suit the time needed to sleep, the time to wake up. But, it is important to stay away from electronic devices for at least 1 hour before going to bed so it will ruin your sleep.

1. When 30:

11 pm: At the age of 30, sleeping at this time ensures you get valuable rest hours to help protect your memory, as well as focus more on the next day.

1. When it was 40:

11:30: Sleep before 12 pm helps the body optimize sleep quality.

1. **When 50 and 60 years old:**

10 pm: Ideally, read a few things or do the things you like before going to bed because it will help your brain work better and more enduring.

Refer to some more articles:

1. 7 tips to deal with work stress
2. 10 ways of thinking help improve your attitude effectively
3. 25 good habits to start a new day full of energy

Having fun!

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