

# How to wake up on time in the morning

Establishing a sleep schedule and bedtime routine, changing your alarm clock, and adjusting your diet are some measures that can help you sleep better and wake up on time in the morning.

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If you consistently wake up tired, you may not be getting enough sleep. **Making a few simple adjustments can help you wake up at your desired time in the morning** .

## Set a sleep schedule

Going to bed and waking up at the same time every day is important for getting a good night's sleep. Most adults need at least 7 hours of sleep each night. So try to go to bed early enough that you wake up feeling as refreshed as possible!

By sticking to your sleep schedule every day, including your days off, your body will naturally start waking up at this time after just a short while.

## Establish a bedtime routine

Certain activities can interfere with your sleep if they are done too close to bedtime. These include:

1. Looking at electronic screens, such as laptops or phones
2. Drink coffee
3. Nap

#### 4. Drink alcohol



### **Move the alarm to avoid hitting the snooze button**

Although you may want to sleep for a few more minutes, falling back asleep after waking up is sleep fragmentation.

According to a small 2022 study, sleep fragmentation can increase subjective fatigue and decrease inhibition. A small 2021 study found that sleep fragmentation can negatively affect your working memory.

If you're used to snoozing your alarm, try moving it further away from your bed so you have to get up to turn it off.

### **Adjust your diet**

A 2021 review of studies found that following a healthy diet can help you sleep better. On the other hand, research shows that ultra-processed foods and foods high in added sugar can reduce the quality of your sleep.

However, the researchers note that the designs of the included studies ranged from poor to moderate, and more high-quality studies are needed before a link between diet and sleep quality can be confirmed.

Regardless, there are some other benefits to following a healthy diet. Aim for a balanced diet that focuses on whole foods. Try to include:

1. Fruit
2. Vegetable
3. Whole grains
4. Beans

5. Seed
6. Healthy fats, such as avocado and olive oil
7. Lean protein

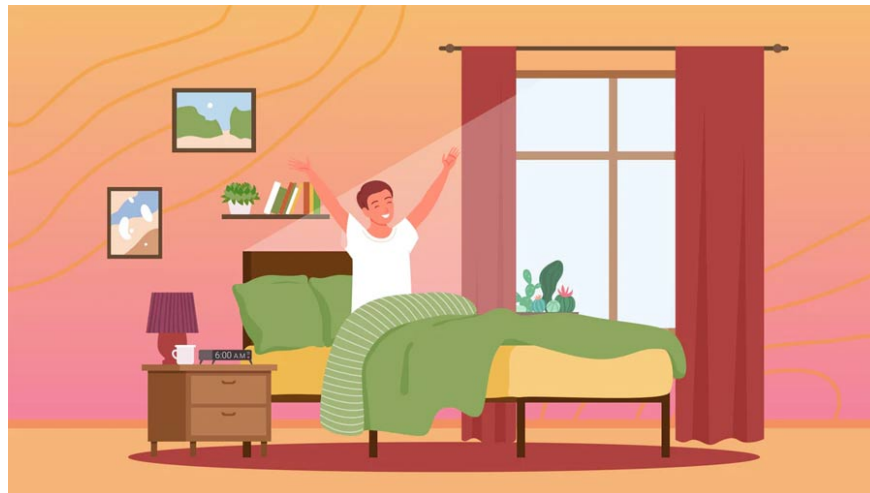
In general, try to focus on eating foods in their most natural form. Also, try to avoid heavy meals before bed. This can also negatively affect the quality of your sleep.

## Exercise regularly

Regular exercise is another important aspect when it comes to improving your sleep.

A 2021 review of studies found that regular exercise can improve subjective sleep quality in adults. This includes improvements in:

1. Sleep quality
2. Level of insomnia
3. Daytime sleepiness



Another 2021 study found that exercise intensity also matters. Researchers found that moderate exercise, rather than vigorous exercise, was best for improving sleep quality.

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