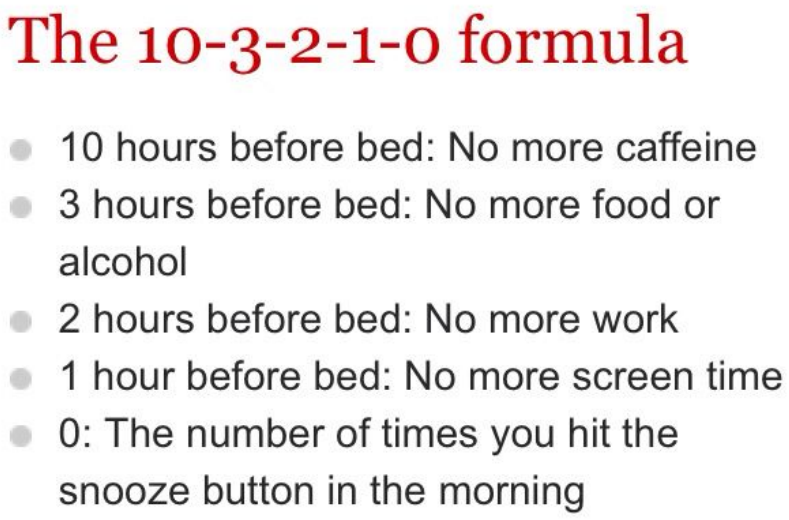
Simple recipe for good sleep and energetic morning

Discover 10 - 3 - 2 - 1 - 0 formulas for a better sleep and get up early in the morning more easily.

Everyone has a different way to motivate to wake up in the morning. Some think about what awaits them on the new day or write a list of things to do, some alarms, but then take another 5 minutes . to sleep; others have the ability to get up early very easily and energetically. No matter which group you belong to, **TipsMake.com** still wants to introduce you to an interesting early riser formula called **"10 - 3 - 2 - 1 - 0"** formed by **Craig Ballantyne** - coach Fitness, also a blogger specializing in providing useful knowledge about nutrition and health.



According to **Craig Ballantyne** , the foundation for a good night's sleep must be built from the afternoon and everyone needs to be prepared for it. Specifically, **the formula "10 - 3 - 2 - 2 - 0"** which he wants to emphasize is as follows:

1. **10 hours before bed:** Don't drink coffee.
2. **3 hours before bed:** Do not eat and drink alcohol.
3. **2 hours before sleep:** Not working.
4. **1 hour before bed:** Do not watch TV, use computer or phone.
5. Don't delay the alarm in the morning.

Why is it 10 o'clock?

This is the total amount of time that blood in the body is no longer affected by stimuli caused by caffeinated drinks and sugary foods, such as caffeine, green tea, black tea, Coca Cola, water. energy boost, chocolate .

Why is 3 hours?

Your body needs to rest without creating energy to digest a nutritious dinner or experiencing the effects of drinking alcohol.

Why is 2 hours?

When you stop all work-related activities, you stop thinking about work. The brain will rest after a long day of work and when you go to sleep, you will also have a better sleep without being dispersed by other things.

Why is 1 hour?

An hour for you to turn off all devices: don't call, check email, chat on social networks or do anything in front of the screen. Let your eyes rest and relax.

Why is 0?

If you get out of bed immediately after the alarm clock goes off without turning off the delay button, you will gradually develop an early wake-up routine that is not for the "privileged" body to have another nap. If you still turn off the alarm and try to sleep for a few more minutes, surely, you won't be able to wake up early. So don't indulge yourself but create a habit of getting up early now.

If you are having trouble getting up early and feeling sleepy, try this recipe. Good luck.

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