

# There is a recipe to help you have a good sleep while awake at all times

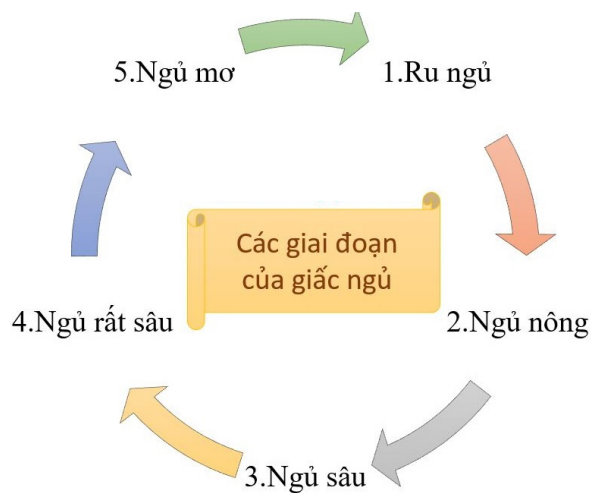
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Scientific researchers will help you to know why sleep is still awake while sleeping more tired and giving you a recipe for a good night's sleep at any time.

## How long does the body need to sleep?

Sleep consists of 5 stages and divided into several cycles, each lasting 90 minutes.



### 1. The stage of sleep lull

On average, it takes about 14 minutes for this period from the moment you close your eyes to start sleeping. During this period, we are very prone to awakening and have seizures.

### 2. The period of shallow sleep

The dormant phase begins when the eye stops working, it accounts for 50% of the total sleep time.

### **3. Deep sleep phase**

This stage only accounts for less than 10% of total sleep time, brain waves occur very slowly, temperature, heart rate, breathing rate, body blood pressure decreases, musculoskeletal system relaxes.



### **4. Very deep sleep stage**

This stage 4 accounts for 20% of the total sleep time and this is the hardest time to wake up. Body temperature, heart rate, breathing rate and blood pressure all dropped to the lowest level. If we wake up in stage 4, we will feel helpless, unsteady, extremely tired and have a headache.

### **5. The dream stage**

Dreaming accounts for about 20% of total sleep time and body temperature, heart rate, breathing rate and blood pressure all increase. At this stage, there are often beautiful dreams or nightmares.

At the end of this stage, the body can wake up temporarily for a few minutes and then quickly repeat the sleep cycle until morning.

So when you sleep early, it is very likely that you will have to wake up properly at stage 4. This explains why sleeping early is not a condition for us to have a more alert, more important spirit. is to wake up at the right time.

## **Which time is appropriate to wake up?**

Thus, you have to sleep enough time and wake up at the time to turn between 2 cycles (wake up at the end of stage 5 or early stage 1) to have the ideal sleep and the most refreshing spirit.

The company that specializes in Web-blinds blinds has researched and given you a calculation formula so you can know exactly when to go to bed at the time of starting work.



The simple recipe for a good sleep is:

**Sleep start time + 90 'x 'n" + 14' = Wake up time.**

n: valued between 3 and 6, your sleep will be most comfortable.

Understand a simple way: we can sleep exactly 9 hours 14 ', 7 hours 44', 6 hours 14 'or 4 hours 44' we all feel awake the next morning.

From there, we can calculate sleep time based on the time we want to wake up the next morning. If you want to wake up at 6am, you should go to bed at 20h46 'or 22h16', 23h46 'or even 1h16' is also feasible. Or if you want to wake up at 7am, you need to go to bed at 9:46, 23h16 ', 00h46' or 2h16 '.

Apply this formula to calculate proper sleep and wake times, ensuring you have a good night's sleep to dispel any fatigue even if you stay up late.

1. How to sleep in less than 1 minute?
2. It is cold but why do many people still stick their feet out when they sleep?

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