

These 15 tips will help you get up early in the morning very effectively

Get up early instead of sleeping and let your morning pass without doing anything.

Getting up early in the morning is not easy for those who have a sleeping habit or often have to work very late. So how can you improve this situation when you want this summer to start a weight loss plan by walking in the park, going to the gym, attending an aerobics class, doing good yoga Simply want to get up early to enjoy the fresh air? Don't worry because this article will give you **15** extremely "good - complementary - cheap" **tips** and the only thing you need to do is apply persistence every day.

1. Take the time to **go out** (such as walking, walking, etc.) as much as possible as it will help you have a restful evening, sleep better and make early rising up too "suffering" anymore.

2. Applying **gentle exercise** before going to bed and doing **yoga** with **yoga** mats is a very interesting choice that you can try.

1. Refer to the effect of Workout exercises on health



Get up early in the morning to feel the life around you moving

3. Do not watch TV / computer after 8pm because blue light emitted from the screen can cause melatonin production - a hormone that plays a role in regulating sleep. However, for those who have to work at night, you can ease the impact of this type of light by installing eye protection applications like **Twilight** or **Sunrise** to get a better night's sleep.

4. Turning on the fragrance-emitting light before going to bed, such as an **essential oil lamp** will help you relax, sink into a deep sleep state faster and wake up with the most comfortable mood.

5. Do not eat before going to bed because if you wake up feeling a little hungry in the stomach, you will have motivation to get out of bed.

6. If you're sleepy, go to sleep , even if it's only about 8pm. An hour or a few hours of rest will help you stay alert rather than trying to work in a state of lethargy, lack of concentration and fatigue.



If you postpone / turn off the alarm, you will not be able to wake up early

7. Keep windows open when sleeping or sleeping in an airy room so that CO2 is not kept in the room too much and you can feel the sunlight in the morning. There will definitely be a difference when you do this.

8. Do not put an alarm clock next to the bed , try to keep as far as possible, even to another room as long as you can hear the bell. The farther away, when it is awake, you'll have to get out of bed to turn it off.

9. Set an alarm with a favorite song , be it a lively song or a song that makes you feel compelled, need to get out of bed to do something. Do not leave the music gently because it will "lull" you.



Wake up early and do all you like

10. Think about something special waiting for you tomorrow morning , a job that needs to be completed, an important appointment, an interview, a test or anything that makes you feel excited. Surely it will be different from going to bed without even knowing that it is necessary to get up early tomorrow to do something.

11. When you wake up, take a few deep breaths, massage your ears to improve blood circulation and rub your palms together to warm up. Many studies also show that massaging the ear is a good yoga treatment for the brain.

12. Set clear goals in the morning without having to think about the motivation to get you up early. Goal is what you need to do and make efforts to accomplish. They are both pressure and motivation. For example, think about getting up early for jogging to lose weight and determined to be able to wear tight dresses or go to the gym next month to have a strong body for a few months.



Set goals to get up early

13. If you still wake up in the morning but don't want to get out of bed and this causes you to fall asleep soon after, you can "force" yourself to get up early by getting **awake, turn on the light or open the window** . This will slow down the production of melatonin causing drowsiness and you will wake up faster.

14. Drink one cup of water immediately after waking up. This is a very simple way but the effect is very unexpected and more importantly, drinking water in the morning is very good for the digestive system. You can do this by placing a cup of water full of bedside (in a convenient location to avoid spilling it).

15. Going to bed on time. Maintain a moderate rest period and try to do it every day to make a habit.

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