

Attila Kelemen: How can you wake up easily?

HOW CAN YOU WAKE UP EASILY?

Attila Kelemen © 2017 All rights reserved.

E-book gift
for
a good start for your days.

Practical advices

Certainly practical advices... ?

Sure, that you heard things about what you should do or what you shouldn't for easily awakening. What do you eat, what don't you eat before go to sleep for the good sleep, how important to exclude the lights under the sleep time, and similar things...

These are really good advices, but the problem with these:

- after a day you haven't even remember most of the tips,
- maximum of one or two times when you apply them.

Why?

Because this isn't highlighting the key points of easy awakening, just describes a bunch of information about the theme. Too much information with too little key informations.

Make no mistake, I don't dispute these usefulness, effectiveness, but it is very important to highlight the *essence*. It makes a practical topic, what is really easy to remember and can be used effectively.

So: good information is useless if you have loose, if not sufficiently pragmatic, if not an actual, simple to apply in everyday life, help with key information.



The most important factor for effective sleep

Let's start with, you need to sleep well, effectively for ease of awakening.
The most important factor for effective sleep:

Always to go sleep at the same time!

If you always at the same time go to sleep, your brain learns when occurs your regularly sleep, and accordingly already can to start to producing a hormone for sleepiness (called melatonin), which promotes deep sleep and the right time will this hormone activated.

If you always lie down to sleep in different time, then what happens?

Then just the moment of your lie down, when the brain starts to produce a hormone for sleepiness, and you fall asleep just after about 20 minutes. This 20 minutes might not seem much, when you are start to sleeping, but think about it, when you waking up how much is missing a similar length of time...

Always fall asleep at the same time may seem impossible...

Point is, that you lie down always to be the more close to the time chosen by you. Try to be very accurate, preferably in minutes.

After a restful sleep let's come...

The easy wake up...

... and its three most important helper.



1. Wake in proper time!

The awakening doesn't need to always happen at the same time. Well, if you always wake up at the same time, but not *this* is the most important!

The key is to always get up *proper* time.

When is the proper time?

Proper times are usually after falling asleep around:

after 3 and half hours – for twice or more times sleepers per day,

after 4 hours – also polyphasic sleeper's technic,

after 4 and a half hours - also for polyphasic sleepers,

after 6 hours,

after 7 and half hours,

after 9 hours.

I will not continue, to sleep more than that is not healthy.

These are the points during a sleep, when you're after a sleep wave and you are on a higher level of sleep. From here it is easy to wake up.

Really makes a person very well, if he always wake up at the same time, but waking up in the proper time is much more important.

Who always wake up at the same time, and it works with him in the long run, he certainly wake up in a proper time ever.

However, get up at the proper time is also possible that this date is not always at the same time.



2. The awakening be awakening

So when the alarm clock rings, you really wake up!

This usually happens, that you get out of bed, but not that's the point.

The key is to turn your brain immediately after awakening. If it succeed lying down, in resting position, you can do also, of course.

You are awake, sleep no more!



3. Start your day with a glass of water!

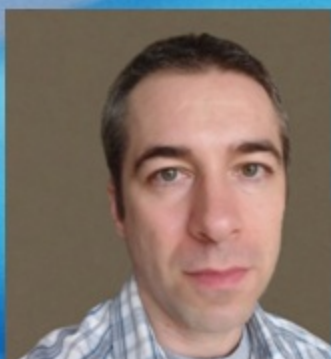
After awakening as soon as possible drink a glass of water! Optional coffee afterwards, but start with water!

Of course you can drink several glasses, but one is enough. For example, some Far Eastern methods propose 4 glasses of water every morning.

2 dl enough, but it will always be consumed.

Anyway, people around the world doesn't drink enough fluids, what is negatively affect their level of energy.

So: a glass of water, with immediate effect.



Good morning!

Attila Kelemen, writer

More sleeping tips and tricks: <http://b.link/polyphasicsleep>