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4 WAYS TO WAKE UP IN A BETTER MOOD

Nikki Jankelowitz

2nd September 2015



Because you can't just wish for it. Like everything good in life, these things take thought, planning and yes, time. Make these four adjustments suggested by Nikki Jankelowitz from [Centred Meditation](#) and you'll soon be singing like a Disney princess the moment your alarm goes off. Beep - beep - beep.

1. Schedule Your Sleep

Getting enough sleep at the right time is vital to keeping your machine functioning at its optimal frequency. According to the national sleep foundation in the US, enough sleep for 18-64-year-olds is seven to nine hours and for those over 65, seven to eight hours is ideal. The 'right time' depends on our own circadian rhythm (sleep/wake cycle, or body clock). The good news is that it can be trained by sticking to a consistent bedtime and wake-time each day. This will ensure you naturally feel tired and alert at times conducive to your lifestyle. Goodbye groggy mornings!

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2. Digest Before Bed

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Eating a lighter dinner or finishing your last bite two to three hours before bedtime can help ensure your meal is fully digested before you head to bed. Your body can then dedicate all its resources to resting, and you will notice how much lighter and cleaner you feel come morning time.

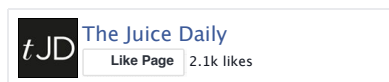
3. Unplug from your devices

Being constantly connected to your devices has all sorts of ramifications. Apart from adding to the overall noise in your mind, the bright light from electronic screens can trick your body clock into thinking it is still daytime, disrupting your quality of sleep. So give yourself a tech break at least an hour before bed, and don't mistake your alarm in the morning as a signal to jump online. Resist the urge for as long as possible, it will pay off.

4. Meditate

Meditation is backed by years of scientific research proving its benefit to health and wellbeing. From reducing stress and fatigue to increasing productivity and immunity, meditation is a worthwhile tool to wind into your well-being routine. Results can take effect immediately and they accumulate with time, so the sooner you start and the more often you do it, the better and more energised you will feel.

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The awesome person who wrote this...

[Nikki Jankelowitz](#)



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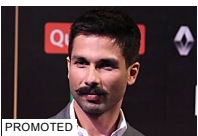
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