

## **‘The Miracle habit of waking up early’**

“If you want to change your entire life one small change, Wake up earlier”

We all know that our life can be transformed by our habits, among which waking up early in the morning is very important one. Every day is a new beginning which provides endless opportunities to do our best. So waking up early is considered as the best practice a person can do for oneself.

A morning person always have the privilege of spending time with himself/herself, e self-time which in turn boots up his/her self-esteem. Early morning provides a sense of calmness and serenity which plays a major role in a person’s physical and mental well-being. Waking up early, before the sunrise is considered very powerful. Our Indian scriptures often termed this time as “Brahma–muhurtha” which signifies that whatever you do in this time yields success. It is not just an age old notion as many scientific studies proved it right.

### **Some benefits of Waking up early everyday:**

**Time to plan:** ‘If you fail to plan, you plan to fail’

The above statement throws light on the importance of planning our day and morning time works the best for it. A person can take the advantage of journal or to-do list and plan for the entire day to reduce the stress and do things in a smooth manner.

**Maximize productivity** : When a person wakes up early while the world around them is still in a sleepy state, a sense of pride and self-confidence is instilled in the person which reflects in the work they do the entire day.

**A good night's sleep** : Those who wake up early ,also tend to sleep early which improves the quality of sleep.

We all know the proverb 'Early to bed early to rise makes us healthy, wealthy and wise' from our childhood which is very true.

**To inculcate healthy habits:** As the early birds have an extra hour, they can start a good lifestyle by meditating, exercising or a simple morning walk which inturn improves our physical and mental health.

**A healthy diet:** When a person wakes up early, he/she is automatically inclined towards eating healthy breakfast and feel energized till the next meal.

**Balanced mental health:** Research has shown that those who wake up early have shown better mental health symptoms. They seemed to be optimistic and mindful throughout the day which often improves their cognitive abilities.

## **Some tips to wake up early in the morning:**

**Start small :** It's better to give enough time to the body clock to adjust to a routine and so making small , but consistent changes work better than abrupt changes. So making one hour or 30 minute change in the start can lay a good foundation for long term results.

**Find motivation :** Waking up early becomes easier when you have something to look forward to when you wake up early. Rewarding oneself for developing good habits always works.

**Trying out for a routine :** Routines are proven to be an efficient way to a better lifestyle having a fixed time to sleep and wake up balances the body clock and automizes it accordingly.

**Good sleep hygiene:** A good sleep plays a crucial role for an early rise. A good sleep hygiene includes not using electronic gadgets before an hour to bed, not to have a heavy meal just before sleep, proper light etc. It is very true that if you want to wake up early the first thing you should set is your sleep alarm, the time to set off everything and have a peaceful sleep.

“Every morning , you have two choices, Continue to sleep with your dreams or wake up and chase them”..Choose wisely!



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