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1. Get rid of caffeine after 4:00pm. Your night routine begins well before your head hits the pillow. If you work a 9 to 5, you need to think about how everything you do after 4:00pm affects your

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Your Night Routine Guide to Sleeping Better & Waking Up

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Small rewards can go a long way towards helping you achieve your goals, including waking up on time. Plan a reward in advance, it can be anything you enjoy doing (but doesn't require the entire morning- which would defeat the whole purpose of this exercise). Coffee can be an incredible motivator.

The Ultimate Guide to Waking Up Early - The Redirect ...

For this one, I combined two of the most popular hacks for waking up early: Getting some sun, and exercising. Both are geared toward energizing your body naturally, instead of using

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artificial stimulants like technology or an ice bath. In the grand scheme of becoming a morning person, these two tricks seemed the healthiest.

I Tried All The Most Popular Hacks for Waking Up Early

The ultimate guide to hiking and walking in the UK With over 150,000 miles of footpaths crisscrossing the four corners of the country, 15 National Trails and the same number of National Parks, it's fair to say the UK is a haven for hikers.

The ultimate guide to hiking and walking in the UK ...

The Ultimate Student's Guide To Waking Up Earlier Being a student has its own set of issues, and then there's the matter of waking up early. Waking up earlier is easier said than done, but with this helpful guide, you'll become a morning person in no time! Prep For The Morning

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Drink one glass of water. Since you are about to sleep for 6-8 hours straight, your body will need a lot of hydration; that's why you should drink at least one glass of water. If you have been drinking, make that at least two (and one when you wake up).

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The Ultimate Guide to Hiking in Dallas. A guide for where to find a short hike versus long, how to traverse unmarked territory, what you can expect to see, and more.

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