

***How To Wake Up A Buddhist Inspired Guide Navigating Joy And  
Sorrow Toni Bernhard***

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### **How To Wake Up A**

Drink a big glass of water. Going 8 hours without drinking water (while you're asleep) is enough time for your body to get a little dehydrated, which can make you feel sleepy. Wake up to a big glass of cool water to start your day off right. You'll feel more alert within minutes.

### **How to Wake Up When You're Tired: 16 Energizing Tips to ...**

Set your alarm clock in advance. If you are getting up on a regular schedule then you need to train yourself to wake up at the same time everyday. You can start by setting your alarm clock to go off at the same time everyday. Your body will gradually remember this time.

### **4 Ways to Wake Up - wikiHow**

Stop drinking caffeine late in the day. To get the best sleep, stop eating or drinking things with caffeine at least eight hours before you want to go to bed. That means soda, coffee, energy drinks, tea, and even chocolate.

### **32 Ways To Actually Wake Yourself Up In The Morning**

Wake-Up Tips: How to Make the Morning Easier. When you get up and go to bed at the same time every day, you'll keep your body's internal clock in sync. That makes you more alert in the morning, and sleepy when it's time to call it a night. As soon as you wake, open the curtains or blinds. Or step outside.

### **Can't Wake Up: Tips to Make the Morning Easier**

The good news is that you don't need to: Here are a few simple tricks to wake yourself up naturally, quickly, and without spending more money. Say it's Friday, you've had a long week, and ...

### **How to Wake Up - lifehacker.com**

The struggle to wake up and get out of bed in the mornings can have a negative impact on your whole day and if the problem persists can start getting you down. There are changes you can make that will help resolve the difficulties you have rising in the morning and make getting up easier.

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