How to Never Wake Up Tired Again

Understand Sleep Performance Adjustment

Looking at how our nature has optimized physiological features for each creature's survival, it's easy to understand why evolution is not taking it lightly on animals that had a less-than-satisfactory night's rest. As a species, sleep hygiene is just one of the items on the list that contribute to our well-being.

Working in shifts, jet lag, polyphasic sleep schedules, and accumulated stress are only a few indicators of poor sleep. Medicating our sleeping troubles does not come without unwanted by-effects, and it fails to inform on all other sleep hygiene aspects that can result in worse health problems on a long enough time scale.

How Less than Adequate Sleep can Become a Problem

It's not just regular insomnia sufferers, those who have trouble falling asleep, or those who wake up tired and feel groggy throughout the day that should take an interest in improving their sleep quality. There are universal factors that affect your body on a cellular, even molecular level, and you won't feel their effects immediately. Most of us have periods of lousy sleep throughout our lives, but few think of what might have triggered the changes until they snowball into a bigger problem.

With an 8-hour daily average, sleep takes up a third of our lives, but its effect on the rest 66 percent is immeasurable. The inherent dangers of sleep deprivation are not always acute in their nature, so preserving our long-term health should always come hand in hand with restorative sleep.

Why You Should Take Sleep Seriously

There is no scenario in which sleep loss could be an advantage. Insufficient shut-eye can contribute to an acute loss or continual accelerated deterioration of faculties you might have never considered. Cognitive decline, immune system vulnerabilities, and other consequences of inadequate sleeping can cause health issues that are not as easily reversible as getting your circadian rhythm in order.

For example, in most cases, the warnings against operating heavy machinery on particular medication are there because they affect the part of the brain responsible for coordinating nerves and muscle movement - the motor cortex. The effects of sleep deprivation use only some of the mechanisms that make your body less alert, but depending on the factors, they can have much more dire consequences. Ongoing research proves the damaging effects on an ongoing basis in metabolism and aging.

Some people might even try to hard-reset their circadian rhythms with intentional all-nighters thinking they can reset their sleep schedule in a day - and nothing is wrong with being proactive as long as you keep your facts in order. Understanding what you need to know when thinking about sleep can help you make fundamental changes that will transform your life.

Understanding the Problem and Thinking About Sleeping

The last thing you do before getting your head down is to turn off the light. You certainly want to have a completely dark room for sleeping, but you should also consider the effect of light on your body throughout all parts of the day. The same way your alarm hits your ears in the morning telling you that it is now time to wake up, different kinds of lightning at particular times of the day inform our brains of our surroundings.

When we strip the issue down to the role of natural circumstances, we would wake at sunrise and fall asleep after sunset - however, taking it to a rudimentary level can help draw a parallel more relevant to our daily lives. We must consider the effects of cold blue lighting and its counterpart, light with warm hues.

Cold or blue light is the light outside before midday, the light of our phone and TV screens and neon light, while warm light is that of the sunset, incandescent light bulbs (that produce light through heat, unlike LED lights), and even the light of candles and fireplaces.

Most people start their day with an alarm clock, triggering hormonal neurotransmitters such as cortisol, epinephrine, and adrenaline to induce a wakeful state. Whether or not you get a good rest depends upon multiple permutations of these factors during critical parts of the day.

Just like plants and other of our nature's creations are adapting to the regular environmental cycles, we can fine-tune our environment backed by the science of our anatomy.

Implementing The Science behind Sleep Quality

You might remember hearing that you need adequate rest so that the brain can clear itself for the day, and that is not just a metaphor. The metabolite that builds up while we are awake is called adenosine, and it also has a neurotransmitter role acting on the brain and body to figure out our daily rhythm.

The receptors in our eyes' retinas are attuned and sensitive enough to photons that light, or the information signaling light, has no trouble going through an eyelid. It's not feasible to try and fall asleep at dusk and wake at dawn, but you can adhere to science-based data to achieve the next best thing. Research suggests light exposure between 11 pm and 4 am can inhibit dopamine production and negatively affect your physical body just as much as your mood and ability to learn and process information.

They say the early bird gets the worm, and it's way better to get a headstart optimizing your sleep instead of waiting to deal with the consequences of substandard sleep quality. Take

charge of your sleep, and your mind and body will face much less resistance in any other aspect of your waking life.

Taking Steps Towards Improving Sleep

Psychologists say taking up a habit (or dropping one) usually takes three weeks, but the human design is more forgiving in ameliorating certain functions. Jetlag is a common problem, but some people can solve it in just three days of restricted blue light in the evenings. Here are some of the other steps you can take to make the most out of your bedtime:

- get your dose of blue light early upon waking
- find a non stimulative bedtime ritual you enjoy
- turn off blue-light blockers during the day
- install an automatic red-tint filter on your phone that gradually dims the screen after sunset
- use incandescent bulbs instead of LED or neon lights
- improvise with light direction by setting it below ceiling-height
- avoid looking at screens in the evenings
- try infrared therapy to improve serotonin levels and endurance performance
- dive into old yogic practices like Yoga Nidra

You can take it a step further with an infrared bulb, but you should not feel compelled to reach for the melatonin supplements before optimizing your body for melatonin production.