

Master Your Sleep & Be More Alert When Awake

[Youtube video](#)

The neurons on the eye looks for the sun is low in the sky. **Get sunlight in your eyes as close to waking as possible.** Is you can watch the sunrise great.

It's fifty times less effective to watch sunlight on a window instead of watching it directly.

- Cortisol is needed early of the day
- Get outside a median on 5 minutes a day to see sunlight directly
- Don't watch directly because you'll likely burn your retina

Take naps

- Take a nap after lunch
- [Yoga Nidra](#)
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