

TOP 10 ENERGY HACKS

Tips To:

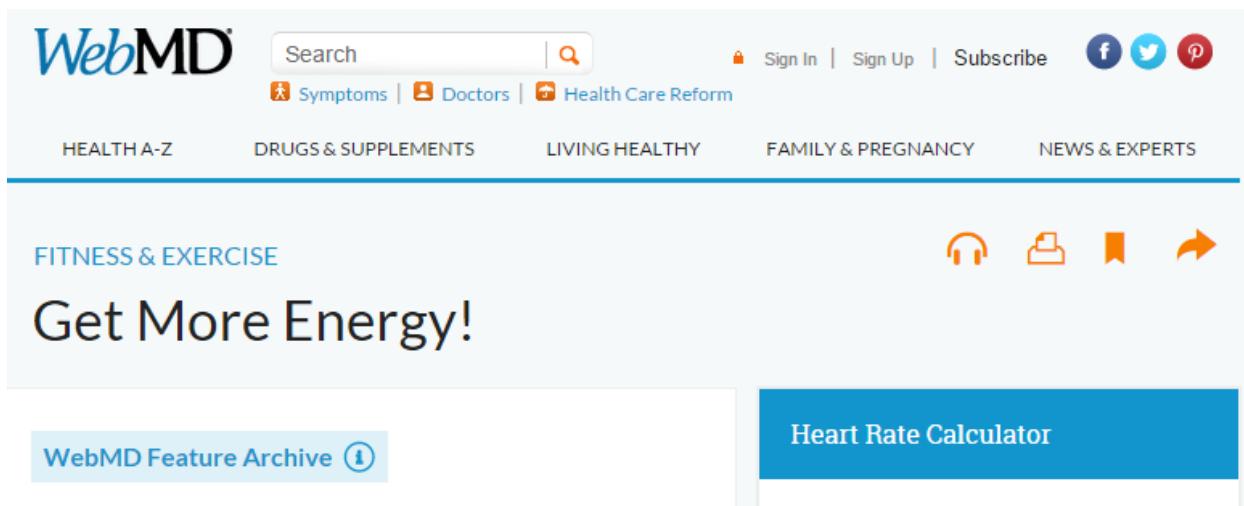


- ✓ Gain More Energy
- ✓ Become More Productive
- ✓ Healthy Eating & Exercise

Energy Information Websites

1. WebMD

<http://www.webmd.com/fitness-exercise/get-more-energy>



WebMD is probably the most trusted medical site on the internet. That's because it's built up a reputation for giving quality advice that is backed by medical science. This is a link to a brilliant resource on increasing your energy levels.

2. ZenHabits

<http://zenhabits.net/55-ways-to-get-more-energy/>

ZenHabits is a brilliant website that is all about improving your mental and physical wellbeing through old zen methods. Not only are many of its recommendations backed with solid science, they have also been practiced for hundreds of years.

3. Health.com

<http://www.health.com/health/gallery/0,,20653367,00.html>

How to Get More Energy, From Morning to Night

Until someone invents a healthy (and legal!) pep pill, here's the next best thing: simple, proven tactics that keep you powered up morning, afternoon, and night.

The screenshot shows the top portion of a web page from Health.com. At the top are five social sharing buttons for Facebook, Pinterest, Twitter, Google+, and Email. Below them is a large, light blue rectangular area. To the right of this area, there is a navigation bar with arrows pointing left and right, and the text '1 OF 21'. Underneath the navigation is the title 'All-day energy' in bold black font. Below the title is the author information 'by Virginia Sole-Smith' and 'From *Health* magazine'.

Health.com is more of a health magazine and less of a medically accurate database. However, that doesn't mean that it's useless by any means. In fact the link above is for a great article they produced about increasing your energy when you're struggling to find motivation and energy.

4. Reader's Digest

<http://www.rd.com/slideshows/13-ways-to-boost-your-work-energy/>

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Reader's Digest has produced a slideshow on 13+ different ways to boost your productive energy. This page includes many different tips and also productivity tools that you can use today to become more energized and work more effectively.

Tools For Energy Management

5. Sleep Cycle Alarm Clock

<https://itunes.apple.com/us/app/sleep-cycle-alarm-clock/id320606217?mt=8>

Sleep Cycle alarm

By Northcube AB

Essentials

Open iTunes to buy and download



The Sleep Cycle Alarm Clock is a super useful app which is there to basically track your sleep schedule. As you sleep it will monitor the phases of sleep you are in and then wake you up close to your desired time, when you are in your lightest sleep phase. This will prevent you from waking up feeling tired, and is the most natural way for your body to wake up.

6. Evernote

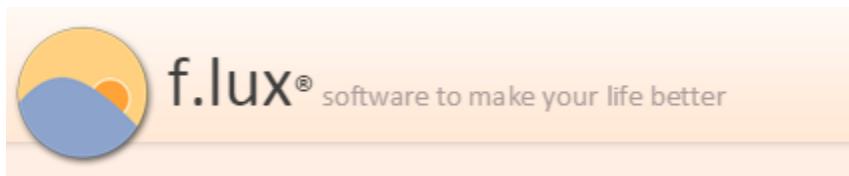
<https://evernote.com/>



Evernote is the equivalent of an online notepad. This sophisticated tool is there to allow you to keep track of everything you're doing. So, how is this related to energy? Well, if you can properly keep track of everything you're involved with then you'll be able to use less energy monitoring it.

7. F.lux

<https://justgetflux.com/>



If I could only choose one app from this list it would definitely be f.lux. This great application is there to adjust your screen light to a natural level. In the evening you'll see that the light outside becomes darker and more red. F.lux mimics this by removing the blue light (which keeps you awake!) from your screen. This means you can work at your computer later at night without it affecting your sleeping.

Other Great Resources

8. Elite Daily

<http://elitedaily.com/>



Elite Daily is sort of like Buzzfeed but with generally more intelligent topics. It often has some useful articles on improving your life and reclaiming your energy and productivity.

9. TTEM

<http://www.ttem.org/forum/>

TTEM - Transformational Tools for Body Energy and Mind

TTEM is an old forum that isn't actively posted on anymore, but it has some of the best posts on the internet about body energy and the mind. If you ever want to learn something new about energy and your body then take a look through this forum and you're bound to find something interesting!

10. Chopra

<http://www.chopra.com/>

Chopra.com is another article based website around the idea of body energy and spirituality. It's full of really interesting ideas and theories about how you can manage your life energy through meditation and other simple methods.

