

# How to Exist Comfortably in the Morning People World

If you're a night owl living in a morning lark's world, you know the struggle. You're always tired, you can't seem to wake up on time, and you feel like you're always playing catch-up. But it doesn't have to be this way. With a few simple adjustments, you can learn to adjust your sleep schedule, cope with early mornings, and thrive in a world that seems to revolve around sunrise.



## Night Owl Guide To A Healthy Life: How To Exist Comfortably In The Morning People World

by Jerrold S. Greenberg

★★★★☆ 4.5 out of 5

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## Understanding Your Circadian Rhythm

The first step to adjusting your sleep schedule is to understand your circadian rhythm. This is your body's natural sleep-wake cycle, which is regulated by a hormone called melatonin. Melatonin levels start to rise in

the evening, signaling your body that it's time to sleep. As the sun rises, melatonin levels fall, signaling your body that it's time to wake up.

If you're a night owl, your circadian rhythm is naturally shifted later. This means that you tend to fall asleep later at night and wake up later in the morning. This can make it difficult to adjust to a morning schedule.

## **Adjusting Your Sleep Schedule**

If you need to adjust your sleep schedule, it's important to do so gradually. Trying to change your sleep time by several hours all at once will only make it harder to stick to your new schedule. Instead, start by adjusting your sleep time by 15-30 minutes each night. Over time, you can gradually adjust your sleep time until you're waking up at the desired time.

Here are a few tips for adjusting your sleep schedule:

- Go to bed and wake up at the same time each day, even on weekends.
- Create a relaxing bedtime routine to help you wind down before bed.
- Make sure your bedroom is dark, quiet, and cool.
- Avoid caffeine and alcohol before bed.
- Get regular exercise, but avoid working out too close to bedtime.

## **Coping with Early Mornings**

Once you've adjusted your sleep schedule, you'll need to learn to cope with early mornings. Here are a few tips:

- Get out of bed as soon as your alarm goes off. Don't hit the snooze button, as this will only make you more tired.
- Get some sunlight as soon as possible after waking up. This will help to suppress melatonin production and make you feel more alert.
- Eat a healthy breakfast to give yourself energy for the day ahead.
- Avoid caffeine in the morning, as this can make you feel jittery and anxious.

## **Thriving in a Morning People World**

Adjusting to a morning schedule can be a challenge, but it's possible. With a few simple adjustments, you can learn to cope with early mornings and thrive in a world that seems to revolve around sunrise.

Here are a few tips for thriving in a morning people world:

- Find a job or career that allows you to work flexible hours.
- Take advantage of early morning hours to get things done, such as working out, reading, or pursuing hobbies.
- Make friends with other night owls, so you have people to socialize with in the evenings.
- Don't be afraid to ask for help from friends, family, or coworkers if you're struggling to adjust to a morning schedule.

Remember, you don't have to change who you are to adjust to a morning schedule. With a few simple adjustments, you can learn to exist comfortably in the morning people world.



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