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Thread: [Been waking up early past month and I feel great](#)

Wolf - March 20, 2018, 5:01 am

So, past month I had a lot of stuff to do, which meant I had to wake up earlier in order to keep everything in check. First week I was really exhausted as I was sleeping 5-6 hours a day, hitting the gym, studying and doing manual labor in order to create access to the river I leave nearby.

The river is now fully accessible and it will be great when sunny time comes ? I'm really looking forward to that!

After work was done, I had enough time to get some extra sleep, I'd simply wake up. I went with the flow and here am I ^^ Few extra hours a day, I'm sleeping better, feeling rested and I use my day wisely. Felt like sharing this :)

Uiqueblhats - March 20, 2018, 5:10 am

I am also trying to do this but failing consistently due to no strong motivation

Cyaddd - March 20, 2018, 12:21 pm

Care to share on how you managed to wake up early? I sleep through all my alarms :/

Wolf - March 20, 2018, 12:26 pm

(Mar 20, 2018 12:21 PM)Cyaddd Wrote: [\[CITE\]](#) Care to share on how you managed to wake up early? I sleep through all my alarms :/

I find life enjoyable so waking up is something I look forward to. Just putting an alarm to wake me up did the trick.

As for your alarm, if it's not loud enough to wake you up, use speakers. Connect them to your phone, or use desktop alarm.

It will force you to get up and turn it off at the very least.

I've had experience with polyphasic sleep schedules and alarms did the trick as well.

thesilveroakmont - March 20, 2018, 3:04 pm

truly this is something that simply started happening, i always have stuff i like doing in the morning like getting up and walking to get coffee and my body just wakes up early now. (sometimes not by choice honestly)

Uiqueblhats - March 20, 2018, 5:15 pm

woke up early today lets see how it goes

Bluffer - March 20, 2018, 5:26 pm

I need to do that soon. I sometimes get bored during the day when I do that though.

El Diablo - March 20, 2018, 5:38 pm

I was thinking of doing this, starting tomorrow. Being awake early enough in the morning forces me to be productive and enjoy the extra time I have.

Best tip I have for waking up early is ... going to bed early!

wenon - March 20, 2018, 5:39 pm

About alarm i remember i had an connection with stereo, and high pitch sound and it immidiatly woke me up haha.

MaxiPads889 - March 20, 2018, 6:17 pm

Getting up early and making the bed is a great way to start the day. From there you can just keep doing 1 more thing and at the end of the day you can look back and you've done heaps. Just focusing on one thing at a time is great

bluemagic9 - March 20, 2018, 7:55 pm

Me too I love waking up and trying to achieve goals i have set prior to sleeping

Mr Meeseeks - March 20, 2018, 8:04 pm

Whenever I wake up early, I feel more relaxed at the end of the day.

???Berlin??? - March 21, 2018, 7:58 am

can stay awake full night.. but cant wake up early lol for me.

Congratz man !