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## I sleep early but still wake up late

Ah, perennial desire to be more productive. For better or for worse, we are always looking for new ways to do more and do it faster. What can we lose the list of things to do from the day during our commuting? What music should we listen to work to work in a more intelligent way? What food should we eat to stimulate cerebral activity? While it might seem away to say that you can be more productive in sleep, listen to me ... get the best possible rest and then take advantage of the first hours of your day will increase your productivity for the rest of the rest day, making you a general person Happy and more energetic. Here are 13 hacks to optimize the precious and underused time. How to make the more productive sleep Nothing kills productivity like a bad night's sleep. According to a study of the newspaper of professional and environmental medicine, reductions relating to productivity costs of \$ 3.156 per employee with insomnia and average about \$ 2.500 for those who have less serious sleep problems. Here are some ways to increase your sleep. 1) exercise that morning or afternoon. According to the National Sleep Foundation, the morning or afternoon exercise can help you fall asleep more quickly that night - and then sleep more deeply once you fall asleep. Regular aerobic exercise has been shown to improve sleep quality and leads to fewer depressive symptoms, more vitality and less drowsiness during the day. There is a reason why they don't include the night, though: they warn that vigorous exercise before going to bed, it can actually reverse those good effects of the exercise. 2) Avoid eating heavy-day meals. Some studies have shown that food is processed differently at different times of the day. Avoid eating a big meal in two or three hours of bedtime, otherwise the



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