

Benefits of Waking Up Early

Early to bed and early to rise makes you healthy, wealthy as well as wise. And that is not merely an age-old saying. It works in daily life too. Read on to know how.

1. Time to Exercise

Waking up early gives you the time to exercise. You can easily go for a jog, do a few laps in the pool, practice yoga or hit the gym with plenty of time at hand.

2. Time to Meditate

There is nothing like beginning the day with a dose of meditation. It will help calm your mind and sharpen your reflexes to keep you going through your busy schedule of work.

3. Experience the Charm of Early Morning

Only an early morning person knows the charm and serenity that those hours offer. The silence, the birds chirping, the absence of cars honking, and the sunrise are all advantages only early rising can offer.

4. Increase Productivity and Efficiency

A study conducted at the Texas University in 2008 revealed that early risers are more prone to be productive and efficient at work. In fact, students who wake up early are known to get higher grades than those who wake up late.

5. Eating Breakfast

Breakfast is known to be the most important meal of the day. Often, you may land up skipping it if you are running late for work. An early start to the day ensures that this significant meal is never given the slip.

6. Less Stress

Giving you ample time to get ready on time, waking up early ensures that you suffer less stress. Beat the traffic and drive to work at ease.

7. Set Routine

Once you get into the habit of rising early, you are able to set a routine and that obviously leads to better productivity not only at work, but also on the home front and as an individual.

8. Brighter Mood

Early risers are known to be happier and more optimistic than night owls. The latter are

known to suffer depression, insomnia and pessimism. The bright start with exercise and optimism is bound to keep you feeling energised and optimistic all day.

9. Better Health

Proper routine and exercise are known factors in ensuring better health in the long run. Waking up early ensures you set aside time to work out. Late risers lack the advantage of time for this.

10. Better Finances

Improved health, enhanced productivity and ameliorated energy can only result in one thing – a higher rate of success. And when this happens in your career, can financial triumph be far behind? So, rise early to kickstart a really great way of doing well in the professional sphere as well.

The benefits of waking up early are myriad. It doesn't take much to change your lifestyle to avail these benefits. After all, personal and professional well-being, and ultimate success are what everyone seeks. So, why not adopt a healthier way of living and reap those benefits?