

??“3”??????????????

2 hours before bed: No more work

??“2”????????????

1 hour before bed: No more screen time

??“1”??????????????????

0: The number of times you hit the snooze button in the morning

“0”????????????????????——“0”??

“The single most important factor in winning your mornings and owning your days is to get up 15 minutes earlier and work on your No. 1 priority before anyone else is awake. It's that simple,” he explains.

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“When you follow this formula, you'll get more done and stop letting the big opportunities in your life slip away.”

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Tips for getting a better night's sleep include sharing your bed with a pet, starting work at 10am and enjoying a warm cup of cocoa.

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A different 4-7-8 technique, pioneered by Harvard-trained holistic health doctor Andrew Weil, could also be helpful for insomniacs.

?????????????????·????????????????????????????“4-7-8??”????????????????????????

The 4-7-8 technique

“4-7-8???”

- Breathe in through your nose quietly for a count of 4

??????—??4?

- Hold your breath for a count of seven

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- Blow air out through your mouth for a count of 8, making a 'whoosh' sound

????????“?”??—??8?

- Repeat the process three more times

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Why lack of sleep is bad for your health

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Regular poor sleep puts you at risk of serious medical conditions, including obesity, heart disease and diabetes – and it shortens your life expectancy.

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Most of us need around eight hours of good-quality sleep a night to function properly – but some need more and some less.

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As a general rule, if you wake up tired and spend the day longing for a chance to have a nap, it's likely that you're not getting enough sleep.

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If you seem to catch every cold and flu that's going around, your bedtime could be to blame. Prolonged lack of sleep can disrupt your immune system, so you're less able to fend off bugs.

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Lack of sleep can also make you put on weight

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Chronic sleep debt may lead to long-term mood disorders like depression and anxiety.

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Studies have suggested that people who usually sleep less than five hours a night have an increased risk of having or developing diabetes.

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Long-standing sleep deprivation seems to be associated with increased heart rate, an increase in blood pressure and higher levels of certain chemicals linked with inflammation, which may put extra strain on your heart.

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