

《Quora精选：起早床好难，如何成功起早床？》

What is your personal method for waking up early?

你有什么早起的好方法？

获得14.4k好评的回答@Paulo Knabben：

Alright, in order to help people I decided to edit my answer to be more clear.

为了帮助大家我决定回答得更明白。

I wake up at 5am every morning, consistently, for 6 months now and I'm so used to it that I'm able to get out of bed even before the alarm starts ringing. Here's my 2 simple steps on how I managed to do it:

我每天早上5点起床，始终如一，到现在坚持6个月了，我已经习惯到有时甚至闹钟还没响我就起床了。下面是我成功做到的2个简单方法：

1) I decided I would be a morning person: You may want to be, but you have to decide to be a morning person. And for that, you must plan how to do it. By "decide" I mean having the desire to become a morning person.

1) 我决定要做一个早起的人：你可能也想，但你要下定决心早起。因为一旦下决心就必须计划如何去实现。我说的“下定决心”是指有成为早起的人的渴望。

Stop dreaming about it, start taking action.

不要只是幻想了，开始行动起来吧。

2) I have a well planned routine (that works fine for me): Again, that's a routine I designed that works really fine for me. You're free to try it yourself and I hope you can find new ways to improve it and reach your goal. However, my routine is like this:

2) 我有一个固定日程（很适合我）：再说一遍，我设计的这个日程真的很适合我。你可以自由选择适合自己的日程，我希望你能找到新方法来改善它并实现你的目标。我的日程是这样的：

5am the alarm rings (it's out of my reach): before I turn it off, I turn on the lights so I'm not inclined to snooze it (which I never do).

早上5点闹钟响了（闹钟放在我够不到的地方）：我先开灯才能去关掉闹钟，这样我就不会再回去睡了（我从没回去睡过）。

I get a 1-3 minute cold shower: the cold shower helps me to wake up and put dizziness and sleepiness away.

洗1-3分钟冷水澡：冷水澡帮我清醒，困意全无。

I get dressed for workout.

穿好锻炼的衣服。

I make a nice breakfast for me and for my family.

为自己和家人做美味早餐。

I meditate for 10 to 15 minutes using Calm app.

利用Calm应用程序冥想10-15分钟。

I pack everything I need for my day (clothes, food, etc.).

准备好一天所需要的东西（衣服，食物等）

I choose 3 things each day to be thankful for.

每天找3件需要感激的事。

I go to the gym and start working out at 6:30am until 7:30am.

去健身房从6:30锻炼到7:30。

I get a another 1-3 minute cold shower after working out: yes, again. You have to be clean to work, and cold shower increases testosterone, helps muscle recovery and to strengthen resilience.

锻炼之后再洗1-3分钟冷水澡：是的，再洗一次。你需要干干净净去上班，冷水澡能促进睾丸素的分泌，有助于肌肉恢复并增强弹性。

I get to work at 8am.

8点去上班。

I understand that we're in different places/countries/cities. But I live near the gym where I work out and the gym is ~ 15 minutes from work. Because I spend so little time commuting, I have more time to accomplish other tasks.

我知道我们在不同的地方/国家/城市，但我的住处离我健身的健身房很近，健身房离单位15分钟的路程。因为上班路上花费的时间很少，所以有更多时间来完成其他活动。

To become a morning person, you have to have things to do. Otherwise it won't work. Don't start your day without a plan, without a challenge. It's boring and won't push you over your limits.

为了成为一个早起的人，你需要有事做，否则一切都是徒劳。一天要有计划有挑战地开始。否则会很无聊，也不能促使你突破自己的极限。

Good luck!

祝你好运！

