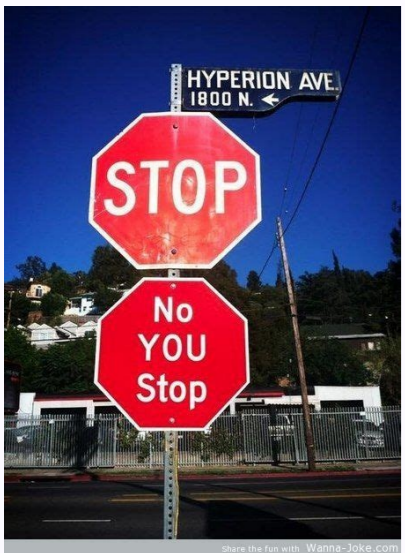


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Size: 6.8MB Version: 1.0 Developed By: wahlaapps (Privacy Policy) Application Permissions: (Help me understand what permissions mean) Access information about networks Receive message via Amazon Device Open network sockets READ APP BADGE Read from external storage Get notified that the operating system has finished booting Set the wallpaper Set the wallpaper hints Access the vibration feature Power Manager Wake Locks to keep processor from sleeping or screen from dimming Write to external storage Allows an application to receive messages via Google Cloud Messaging Minimum Operating System: Android 4.1 Approximate Download Time: Less than 1 minute Some of us are larks. Some of us are night owls. But all of us - even the grouchiest of morning haters- can get ready for every day more efficiently by fine tuning our morning regimes. CEOs and celebrities like Anna Wintour are notorious for pinballing around the tennis court hours before most people's alarms sound, but you don't need to rise at the crack of dawn to boss the day. Use this quintet of easy tips to start every morning right. 1. Hop to your toothbrushing A simple way to make sure you brush your teeth for long enough, while improving your balance and strengthening your ankles, is to stand on one leg for 60 seconds each side as you brush. You don't have to break out the full tree pose - toothpaste in the hair isn't a great look, after all - but use a specialist toothpaste like Sensodyne Repair & Protect every day and use a timer for a minute each side with one foot off the floor and you'll arrive at your desk armed with two things. 1. Ongoing protection from tooth sensitivity and 2. The ability to legitimately claim that you squeezed a yoga session in this morning. Sort of. 2. Make your bed Mum was on to something. A National Sleep Foundation survey found bed-makers are 19% more likely to report getting a good night's sleep compared to those who close the bedroom door to a messy jumble of pillows and sheets. And better sleep, obviously, leads to a more efficient day. Experts claim that putting your bed back together in the morning spawns other good behaviours, too: making your bed every morning is correlated with better productivity and a greater sense of wellbeing; those initial shifts start chain reactions that help other good habits take hold. Make your mum proud. This content is imported from YouTube. You may be able to find the same content in another format, or you may be able to find more information, at their web site. 3. Eat a high-protein, healthy breakfast A healthy breakfast in the morning will do far more than keep you going until lunch. Porridge is perfect. It's cheap, tasty, and can be prepped, cooked and eaten in a handful of minutes. Better yet, studies show that oats help to lower cholesterol levels, and they're a great source of essential vitamins and minerals, plus they're high in fibre. Just be sure to protect your gnashers: hot foods can stimulate the nerves inside your teeth, causing pain, but two minutes brushing twice-a-day with Sensodyne Repair & Protect will help manage your sensitivity. It's all too easy for your to-do list to fly out the window as soon as you fire up your inbox. Though we're all multitasking maestros, you work best, obviously, on a single thing at a time, and if you're not careful your most productive part of the day - first thing in the morning - can be swallowed by a barrage of spam and general Outlook admin. Take control of the start of your workday by prioritising one super-important task, and don't open your email until you've done it. This content was created by Women's Health for Sensodyne READ MORE This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io I haven't always been a morning person. In fact, I used to hate waking up early. I was always more of a night owl. But I always heard and read about all of these amazing benefits of waking up early - like getting things done, having some quiet "me-time," fitting in a morning workout routine. So I found ways to help me wake up early, and I found things that you can do to make your mornings happier and easier. So here are 10 ways to make your mornings better: - Scroll down to continue reading article - - Scroll down to continue reading article - 1. Do 15 minutes of stretches. Right when you wake up, stretch or do some yoga for 15 minutes. This will naturally stimulate your body; it's like an espresso shot right to your brain. And unlike coffee, this natural energy boost could last you all day. 2. Stay away from electronics. When you start your day by checking your email or social media, you're immediately putting yourself into a state of stress. Instead of doing this, try reading a book or doing something creative. - Scroll down to continue reading article - - Scroll down to continue reading article - 3. Make a plan for the day. If you didn't write out a to-do list the night before, do it in the morning. This gives you a game plan and purpose for your day. It also helps you stay focused and productive, ensuring that you get more done. Start your day by listening to positive music or reading a motivational book. This sets you up to have a better day because you'll have a positive mindset and a good attitude. - Scroll down to continue reading article - - Scroll down to continue reading article - 5. Eat a healthy breakfast. I know you've heard this before, but breakfast is very important. Ever since I started eating a healthy breakfast every morning, I've found that I have more energy, I'm more productive, and I can focus better. Some people just can't seem to stomach food first thing in the morning, though. If that's you, at least keep a quick (and healthy) snack with you for when you do get hungry. 6. Do something that makes you happy. Give yourself a little treat or do something that makes you happy. This will be different for everyone. Maybe you want to go get a coffee from your favorite coffee shop, maybe you want to write in your journal, maybe you want to do a workout. Just be sure to give yourself a little "me-time" and do something that you enjoy. - Scroll down to continue reading article - - Scroll down to continue reading article - After you've been sleeping for 8 hours, you usually wake up feeling dehydrated. So drink a large glass of water in the morning to re-hydrate yourself and help yourself feel more awake and energized. Putting lemon in the water is an added bonus. Lemon helps boost your immune system, aids in your digestion, makes you feel energized, and more. 8. Get ready, even if you're just sitting at home. Unless you want to have a lazy day (which is okay sometimes!) take the time to get ready for your day. Even if you're not doing anything, getting dressed and ready will help you feel more "put together" which can make you feel more energized and lead to a way more productive and enjoyable day. - Scroll down to continue reading article - - Scroll down to continue reading article - 9. Wake up at the same time. I know you may want to sleep in sometimes, but you should really try to wake up at the same time every day. This helps put your body on a schedule, which will make waking up easier and easier for you. If you stick to this schedule, you might even eventually be able to wake up without an alarm. 10. Tackle your hardest to-do first. When you're ready to start working, tackle your hardest to-do list task first. This helps you have a better day because you know you've accomplished at least one big thing. Doing this can also help you be more productive because it might motivate you to tackle the rest of your to-do list as well.

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