Good habits
Posted by iLoveHashem247 - 02 Apr 2023 13:36

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What time do you go to sleep / wake up in order to have a successful day?

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Re: Good habits
Posted by DavidT - 02 Apr 2023 15:59

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iLoveHashem247 wrote on 02 Apr 2023 13:36:

What time do you go to sleep / wake up in order to have a successful day?

My regular schedule is going to sleep around 11:00pm and waking up around 5:30am ...

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Re: Good habits
Posted by dim12 - 02 Apr 2023 16:02

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The ideal time to go to sleep and wake up depends on the individual's lifestyle and needs. Generally, adults need 7-9 hours of sleep per night to function at their best. To determine your ideal sleep schedule, work backward from the time you need to wake up in the morning and allow yourself enough time to get the recommended hours of sleep.

For example, if you need to wake up at 6:00 am and require 8 hours of sleep, you should aim to be in bed by 10:00 pm. However, keep in mind that quality of sleep also matters. It's best to establish a consistent sleep schedule, going to bed and waking up at the same time every day, even on weekends. This helps regulate your body clock and ensures you get the right amount of sleep each night.

Waking up early is often associated with productivity and success, as it allows individuals to start their day with ample time to exercise, plan and prepare for the day ahead. However, if you are someone who functions better with a later start to your day,

then that is what you should aim for. The key is to be intentional about your sleep schedule and to prioritize getting enough quality sleep to support your overall health and well-being.

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Re: Good habits
Posted by Eerie - 02 Apr 2023 17:03
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We find a lot in the Sfarim that promotes waking early, but definitely the key is seeing what works for you, make surely you sleep enough to be well rested. It is not enough to make it through the day, you have to be well rested enough to get through the day without biting anyone's head off. And be consistent. Thank you dim12, well said

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