

Tired of being a night owl? You may be able to trick your body into changing its ways

If you envy people who wake up with the Sun, but you can't seem to get to bed until well after midnight, some new research might help change your habits. An intriguing (but small) study suggests that it's possible to retrain yourself to go to sleep earlier in just three weeks, without any drugs or other drastic actions involved. Shifting to an earlier sleep schedule could keep your mind and body sharper in the mornings, as well as improve your mood.

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The scientists gave their volunteers some relatively easy-to-follow tips to improve their sleep hygiene. They were to avoid light exposure at night and get as much sunlight as possible in the morning. For meals, they were to eat breakfast right after waking, eat lunch at the same time every day, and avoid dinner after 7 p.m. If they exercised, they were to do so in the morning rather than the afternoon or evening. And they were to avoid caffeine after 3 p.m.

By the end of the study, the experimental group had slept two hours earlier on average, based on readings from the activity trackers they wore.

Read full, original post: [How to Quickly Trick Yourself Out of Being a Night Owl](#)