

# How to Boost Your Energy Levels

According to the Centers for Disease Control and Prevention, around 13 percent of adults say they feel very tired almost every day.

In a perfect world, we'd be able to sleep in as late as we want. Unfortunately, this isn't possible for most people, so we need to make sure we get the most out of the rest we do have time for. Here are three tips to help keep you awake and full of energy all day long.

## Follow a Sleep-Wake Schedule

Many people feel tired if they get up too early or too late. Finding the right time to wake up is important, but it's also important to go to bed at the same time every night. Try to follow the same schedule every day. If you find it difficult to go to bed on time, set a reminder on your phone about an hour before bedtime.

## Avoid Sugary Snacks

It can be hard to resist reaching for an energy drink or sugary snack when you're feeling tired. However, you'll only experience a short-term energy boost from sugar, before your energy levels quickly drop again. Researchers have found that eating foods high in added sugar can actually make a sleepy person even more tired!

## Skip the Snooze

According to USA Today, more than a third of adults hit the snooze button every morning. Very little research has been done on the effect of snooze buttons, but many experts argue that getting a few extra minutes of sleep won't make you feel any more rested and can make waking up more difficult for some. If you can't resist pressing the snooze button, try putting your alarm clock on the other side of your room so you have to get up to turn it off.

## Questions:

1. What percent of adults say they feel very tired almost every day?

You can see the whole curriculum from your teacher, Please ask teacher to send it to you before your class.

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