**Benefits of Waking Up Early**

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There are many people who work at night and are not used to wake up early, whereas waking up early has many benefits, especially for the health. Actually there are lot of benefits of waking up early for our body health, but there are still people among us who wake up late.

If you are the ones who are lazy to wake up early in the morning, you should read this article. Who knows? Maybe this article could inspire you to change up that bad habit.

Here are some of the benefits of waking up early in the morning :

1. More Workout and Exercise

Waking up early makes us easier to do some workout or exercise. According to a study in the SLEEP journal 2014 which was presented at the annual meeting of the Associated Professional Sleep Societies LLC, people who sleep too late at night so their sleeping hours decreased, will be difficult to workout and exercise.

1. More Cheerful and Happier

The next benefits of waking up early in the morning is more cheerful and happier in life. A study report from Emotion journal 2012 mentioned that people who wake up early will be happier and more positive than the people who wake up late. Waking up early also makes people be much healthier because their daily routine is more organized.

1. More Proactive

The people who wake up early in the morning tend to agree more with statements which indicate action and confidence. They tend to think *“ I have a long time to reach my goals.”*

Beside that, as mentioned in the journal of applied social psychology, they are also more responsible.

1. Eating Healthier

Most of the people who sleep too late at night and cannot wake up early, consumed 248 calories more than morning people. Not only they consume more calories, but they also eat twice faster and consume less fruits and veggies than the people who wake up early in the morning.

According to a study from Northwestern University, USA, they also had a higher average body mass index than morning people.

1. Less Risk of Depression

The next benefits of waking up early is the lower risk of depression. A 2013 German study mentioned, people who tend to sleep late and hard to wake up early in the morning have a high risk of depression.

Those are several benefits of waking up early. There are still plenty benefits of waking up early in the morning. So if you want to live a better life then start waking up early. It may sound difficult, but when you do it for a few days, your body will adjust automatically to this new time.

Inspired to change up your waking up time?