Subject: Re: Wake up when you want to.
Posted by Blazer on Tue, 08 Apr 2008 20:00:30 GMT
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Most people have a rythmn to their sleep, where they sleep in "cycles" of for example, 2 hours. Every 2 hours they are in a state of very light sleep. During this time it is very easy to wake up. Conversely, if you try to wake someone in the middle of a cycle, they are disturbed from REM sleep and are very groggy and disoriented.

So, if you know you have 2 hours cycles, and need to get up at 6am, you would go to sleep at a little before 10pm, so that it will be easy for you to get up at 6.

Another way is to train your body that it is time to be awake at a certain time. This can be done by basically bright light therapy, where you get up and expose yourself to bright light, preferably sunlight. This helps set your internal clock to wake you around that time.