

If you often feel lethargic or low-energy in the morning, try faking the sunrise, too. In recent years, automatic “dawn simulator” lights have become smaller and cheaper thanks to improved LED technology and a healthy market of people who hate winter mornings. The idea is simple: Before the alarm sounds, a bright light gradually turns on, simulating a perfectly timed sunrise and tricking your brain into waking up. If you combine that with turning down the lights in the evening, it’s the next best thing to living in a cave.

85. Sneak a Nap

Napping makes you smarter. Seriously. Lots of studies¹⁴ show that napping improves alertness and cognitive performance in the afternoon. As usual, we’ve tested the science ourselves.



Jake

I love naps, and not just because my name is Knapp.

¹⁴ There really are a lot, but by far the most influential was a 1994 study by NASA conducted on long-haul commercial pilots. The researchers found that pilots who took a nap improved their performance by 34 percent. The study was particularly influential because (a) we all want our pilots to perform well and (b) we can all agree that NASA is totally badass.



JZ

That is a terrible joke.

You don’t even have to fall asleep. Just lying down and resting for ten to twenty minutes can be a great way to recharge.

But the truth is that it’s really hard to take a nap if you work in an office. Even at offices with fancy nap pods (we’ve worked in them), most people don’t feel like they have time to nap, and let’s face it, pod or no pod, it can still feel very awkward to sleep at work. If you can’t sleep on the job, consider napping at home. Even if you only nap on the weekend, you’ll benefit.

86. Don’t Jet-Lag Yourself

Sometimes, despite our best efforts, we fall behind on sleep. We have a busy week, an ill-timed flight, or some stress or worry that keeps us up at night, and we find ourselves with that all too familiar feeling of being overtired.

We were talking about sleep challenges with our friend Kristen Brillantes, who’s one of the most ambitious and productive people we know. (You may remember Kristen and her Sour Patch Kid method for saying no from tactic #12.) In addition to her day job as a design producer at Google, she’s a food-truck owner and a life coach for all kinds of entrepreneurs and young professionals.