

# The 30 Second Secret To Blasting Your Energy Levels Through The Roof In The Morning

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As you have already learned from the first two chapters of the Powerful Sleep system, there is an **underlying inner sleep system which the quality of your sleep and your daily energy levels highly depend on.**

It's this inner sleep system that plays a key role in:

- When you go to sleep and when you wake up.
- How energized you feel in the morning, and throughout the day.
- When **your body produces feelings of "sleepiness"** to send you a signal that you later interpret in a way like... *"I feel tired, I better get to bed..."*

Most people don't know how to use this system to their advantage...

You're about to discover how you can use a simple 'little-known-about' method in the first 30 seconds after waking up to your advantage and boost your energy levels in the morning **dramatically.**

You'll be able to learn how this works very easily (you'll fully understand in a moment), and notice results immediately when you apply it into your life.

## Your Body's Natural Body Temperature Rhythm Plays A Key Role In How Much Energy You Have!

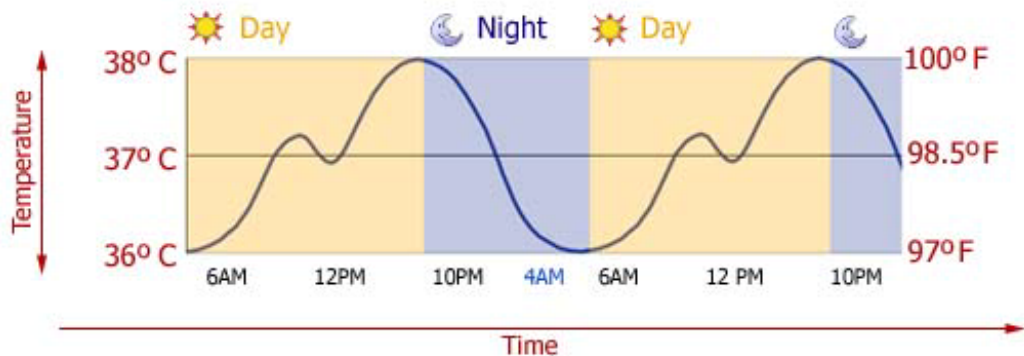
**In case you don't remember the first 2 chapters of the Powerful Sleep system, let's first review your body temperature rhythm.**

In grade 5 science class, most of us are taught that our body temperature stays at a constant 98.5 degrees Fahrenheit (36.6 Celsius). **In reality, this is false. Your body temperature varies by about 6 degrees every day.**

Your body temperature rises and falls by about 6 degrees every-day, this rise and fall of your body temperature is known as your **body temperature rhythm**, or as some like to call it your “**circadian rhythm**.”

Your body temperature usually rises in the morning around 6 AM, and begins to rise until the afternoon, where it takes a slight “slump.” It then recovers from this slump and continues to rise until the evening hours, where it drops all through the night as you sleep.

### **Circadian Rhythm (Body-Temperature Cycle)**



Believe it or not, it’s this rise and fall of your body temperature that plays a major role in

- When you feel sleepy
- When you feel energized.

**When your temperature is dropping, you feel “sleepy” and more towards the “tired” side.** This is like a cue for your body to create feelings of sleepiness.

**When your body temperature is rising, you tend to feel energized, alert, relaxed, and more “awake”.**

## **The 30 Second Method To Boosting Your Energy In The Morning**

There is a hormone in your body called **melatonin**. It’s also sometimes called as the “vampire” hormone, or the “sleep” hormone.

The longer your eyes are exposed to darkness, the more of this hormone is released inside of your blood.

The instant your eyes are exposed to light, the level of melatonin in your blood begins to decrease rapidly.

**It's this hormone that contributes a lot to the drop in your body temperature. Melatonin also makes you feel "sleepy."**

When you wake up in the morning, **you have A LOT of melatonin inside of your blood.** This is the main reason why you may feel like a "zombie" when you wake up.

Combined with a low body temperature in the morning, most people are so low on energy **that they mistake the tired and drowsy feeling in the morning as the need to sleep,** and end up sleeping longer and doing more damage to their sleep systems.

In reality, this is not the need to sleep, but actually the **result** of sleeping!

## **The 30 Second Trick To Rapidly Lowering Your Melatonin Levels, and Boosting Your Body Temperature In The Morning**

**Here it is...**

When you wake up, you MUST expose your eyes to natural sunlight within 1 minute of waking up for AT LEAST 30 seconds.

As you do this you will notice the drowsy and tired feeling you usually get in the morning fading away, as your body feels more and more energized.

At first glance this sounds very simple, but hundreds of people who apply this technique from the Powerful Sleep system achieve incredible energetic results instantly in the morning.

### **Here's How And WHY This Works**

As you already know, when you expose your eyes to light your melatonin levels begin to drop and your body temperature begins to rise, as you **slowly feel more awake** in the morning.

But... **have you ever wondered why you feel less energetic on cloudy and rainy days?**

**Why does this happen?  
Because LIGHT Comes In Many Intensities**

**Most people don't realize that spending the day in-doors is the equivalent for your eyes as spending the day in darkness.**

**Let me explain...**

**Light intensity is measured in units called "luxes." 1 Lux is about the light your eyes would get if you were to sit in a pitch dark room with 1 candle.**

- During sunrise and sunset, your eyes get about 1,000 to 5,000 Luxes of light!
- During the afternoon on a sunny day your eyes get about 100,000 luxes of light!
- Inside your home, or in an office, your eyes get about 100 to 500 luxes of light.

The level of melatonin in your blood always depends on the light intensity coming into your eyes.

For your eyes, being in-doors and not being exposed to high intensity light is the equivalent as being in complete darkness. **This has huge effect on your melatonin levels and your body temperature rhythm.**

When you expose your eyes to high intensity light such as **natural sunlight** in the morning you **drastically lower your melatonin levels right away**, and your body temperature begins to rise as a result.

However, **most people spend the first hour or two of the morning sitting in-doors, and wondering why they feel “so tired”** while they gobble down another cup of coffee. *(Later on, you’ll be shocked when you find out what coffee really does for your sleep system.)*

When you’re sitting in your home in the morning, half of the light outside is being blocked by your windows, drapes and shades. Your eyes get at most maybe 200 to 300 luxes of light. This keeps your melatonin levels high, stops your body temperature from rising and **keeps you low on energy. This does further damage to your sleep system in a perpetual loop, lowering your energy and immune system day by day.**

I hoped you really enjoyed the information in this special report. This is just one of the **MANY techniques and inner sleep system secrets** you’ll learn in **[Powerful Sleep](#)** which you’ll use to supercharge your sleep system and blast your daily energy levels sky high, so you can wake up fully energized and live your whole day with passion!

The Powerful Sleep System also teaches you how to reduce your sleep and have more time and energy than when you slept longer.

**Do you have your copy of the Powerful Sleep system yet?**

**[Click here to grab it right now and gain instant electronic access to the information.](#)**

**Your Friend,**

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P.S. Do you have your copy o the Powerful Sleep system yet? Grab it today and start to revolutionize your life by super-charging your energy levels and getting more out of your sleep than you ever thought possible. Grab it here: [PowerfulSleep.com](http://PowerfulSleep.com)

P.P.S. Remember, if you're not 100% convinced that the Powerful Sleep system can do what I promise for you, then simply email me and I will issue a prompt and courteous refund – no questions asked – and you may still keep the package and all the bonuses at no cost to you. [Click here](#) to grab Powerful Sleep now.