



# 6 REASONS TO GET UP EARLY



## Less time in traffic

Early mornings can help you beat the usual traffic, which is pretty much universally beneficial.

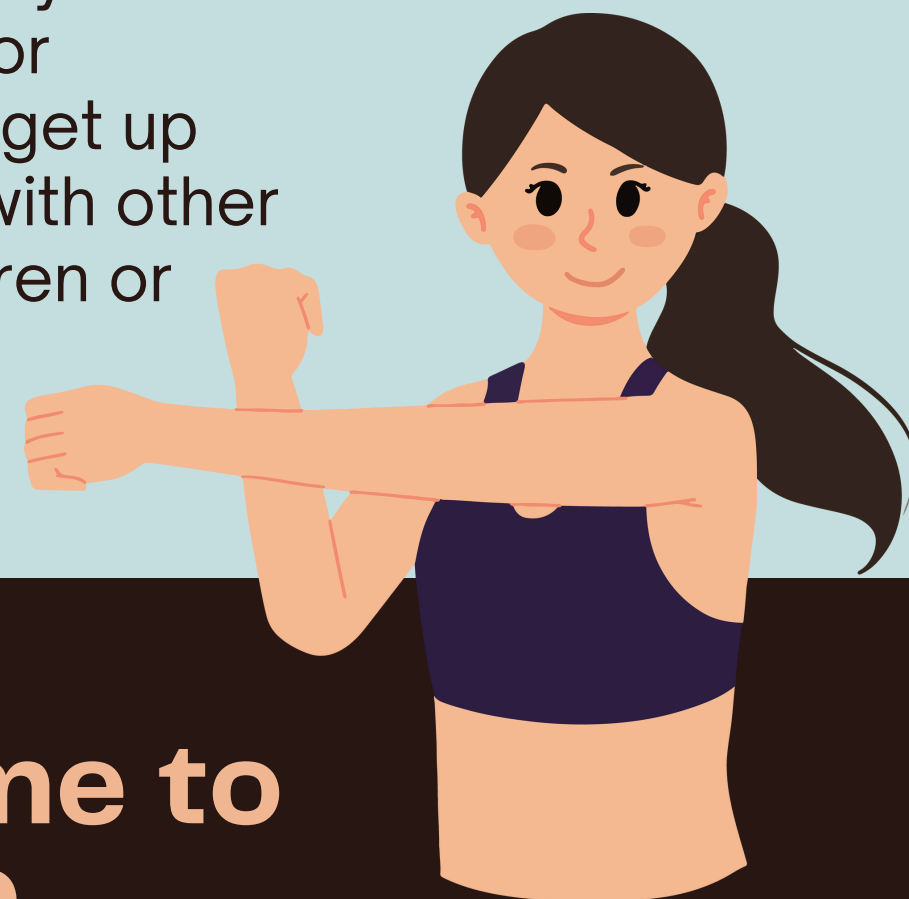
## Helps you concentrate

We tend to feel groggy and disoriented when we first get up because our brain does not wake up immediately. You're more likely to stay focused if you wake up earlier.



## More time for yourself

You might be able to get some much-needed (and desperately wanted) time for yourself if you get up early and live with other humans - children or adults.



## More time to exercise

Getting up early could help you find the time to work out if working out is important to you.



## More time to get things done

Have you ever wished there were more hours in the day? By setting your alarm an hour or two earlier than usual, you'll get your wish granted.

## Healthier skin

Your skin can show signs of rough nights in fine lines and wrinkles, paleness, and swollen or droopy eyelids. Acne is also associated with sleep deprivation.

