

How to Re-Energize Yourself If You Didn't Sleep Well

While getting quality sleep each night is always the goal, sometimes life gets in the way and interferes with our shut-eye. Maybe you were up late worrying about an important appointment the following day, or maybe you had a kid who wasn't feeling well during the night. Maybe you were simply tossing and turning after reading a scary chapter in a book before bed. Whatever the reason, sleepless nights happen, and when they do, it's important to have strategies that help us show up as our best selves the next day.

Here are five Microsteps to re-energize yourself when you didn't sleep well the night before:

Drink a glass of water as soon as you wake up.

We become dehydrated during sleep, which depletes our brain power and can make you feel even more tired. Hydrating early will help boost your energy and focus early on.

Get some sunlight as soon as you can.

After a night of disrupted sleep, your body might not know what time it is. The small action of getting some sunlight helps keep your circadian rhythm functioning properly, telling your body it's morning. Open your curtains wide, and if you can, get outside. Walk your dog, take your kids to school on foot if you live close enough, or grab a coffee nearby. You may not feel like you have the energy for a long walk, but even a few minutes outside can help boost your energy.

Top your lunch with energy-boosting foods.

Foods like chickpeas, edamame, and eggs are high in vitamin B, which promotes energy production down to the cellular level.

Take a short nap if you can.