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giving up on your dreams or relationships and the value of hard work. I had a friend ask me "what makes Michael Strahan a noted authority on dreaming and being happy?"

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Set a Clock to Wake up from a Dream The basics of sleep dictate that three stages pass before you enter REM (Rapid Eye Movement) sleep. Stage 1 of your sleep cycle, when it is still possible to be woken up quite easily, lasts in the region of ten minutes. This is when your eyes are closed and basically nothing else happens.

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How To Wake Yourself
Up From A Dream - Tip
Top Sleep

If you do this, the tiredness will go away and you will wake up happy. 4. Hydrate Your Body. You are not taking in any water when you sleep at night. This means that your body will go through dehydration for long hours. Therefore,

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the moment you wake up in the morning, drink plenty of water. Take in about 500ml of water once you wake up.

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How to Wake Up Happy in the Morning & Excited for the Day ...
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Firstly, we dream
throughout our sleep, so
waking up 'during' one is
an inevitability, regardless
of whether it's that old
classic of turning up to
school / work naked, or
finally almost 'getting...

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Revealed - why you wake up just before the best bit of a dream

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