

10 WAYS TO

AMP UP Your Energy



Fake a Sunrise

Waking up by natural light is easier than crawling out of a pitch-dark sleep cave. "Keep your blinds open to cut down on sleep inertia," advises Dr. Robert Rosenberg, author of Sleep Soundly Every Night, Feel Fantastic Every Day (\$17; amazon.com). For those of you who must rise before daybreak (we're sorry), the Philips Wake-Up device simulates dawn using different colors of light so you awaken more gently.

> Bliss Super 'N Scrub, \$32: bliss world.com.

Get Peppy
As in pepperminty: "Clean, fresh
scents like spearmint or citrus can induce wakefulness," says Dr. Alan Hirsch, neurological director of the Smell & Taste Treatment & Research Foundation. Lathering up with a minty body wash or putting on a dab of essential oil can help resolve an A.M. or P.M. slump.

Tea Up

Not all caffeine is created equal. Matcha (pure powdered green tea) contains caffeine and antioxidants that can provide a calm state of alertness, not a jittery espresso buzz, says L.A. nutritionist Christine Avanti. Can't give up your latte? Sprinkle it with cinnamon to help stabilize any

Imperial Grade Matcha Japanese Green Tea, Teavana, \$20/1.4 oz.;

sugar.

coffee-induced spikes in blood





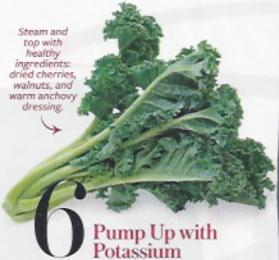


\$28; sephora.com.

B(e) Yourself

"B vitamins help control blood sugar and improve circulation and oxygen absorption, all of which support energy metabolism," says N.Y.C. nutritionist Tina Ruggiero. She suggests taking one a day, especially after imbibing one too many glasses of champers the night before, as alcohol depletes B vitamins.

BEAUTY 10 WAYS TO



It's a nutrient we all know is good for us but are never quite sure why. Here's the bottom line: "It's all about energy metabolism," says Ruggiero. "If you have enough potassium, you're keeping your metabolism working at optimal levels." Delicious sources besides bananas? Dates, dark greens (like collards, escarole, and kale), and fish (such as anchovies, cod, and salmon).



Take a Breather

All that focus on inhale/exhale during yoga isn't just to distract you from the intensity of your utkatasana. "Deep, measured breathing distributes oxygen to the entire body, so you feel refreshed," says Avanti. On days when you skip vinyasa, slip in a few sun salutations; if you're not a yogi, do square breathing—inhale for four counts, hold for four, exhale for four, hold for four-which works too.

Eat and Repeat

Having four light bites is better than devouring one behemoth meal, says Avanti. "Blood-sugar dips make you feel sluggish," she explains. Three snacks to keep things stable: almond butter on celery. dried edamame, or a whole-nut bar (if you must go to the vending machine).

Nuts and Spices Dark Chocolate with Sea Salt bar, Kind, \$2; kind





Chill Out

Waking up all hot and bothered in the middle of the night? Chances are your bedroom is too warm. High temperatures increase the body's core temperature-a sneaky cue that it's time to get up. Crack open a window, or set the thermostat between 62 and 69 degrees so you'll have a quiet snooze.