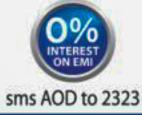
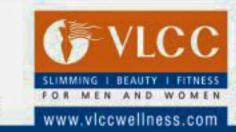


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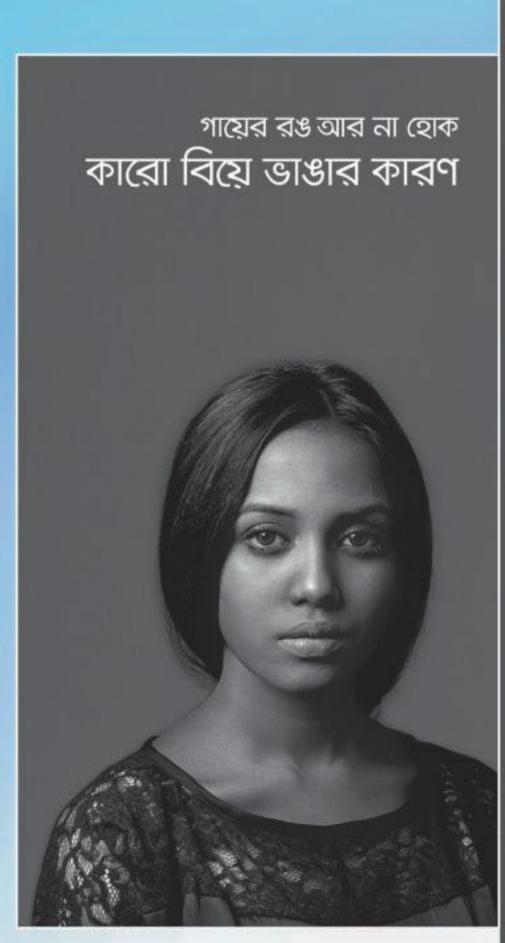


## Waking Up

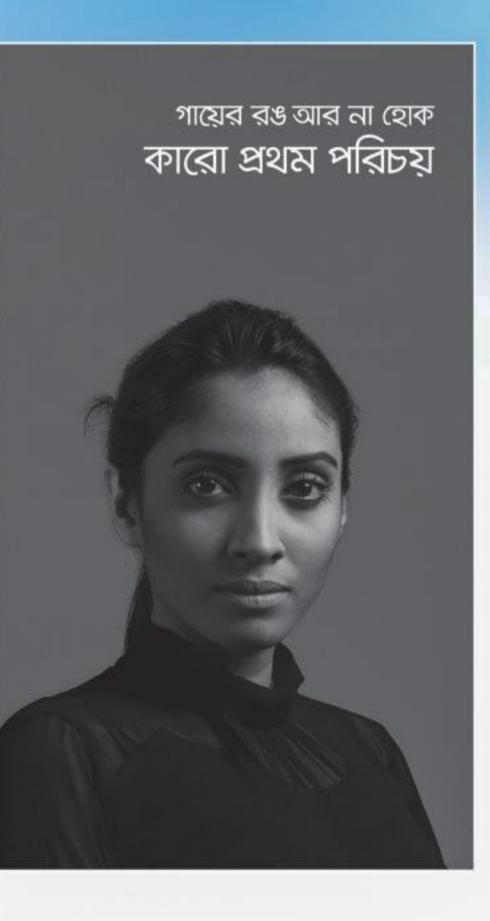
HE hardest thing to do during winter mornings is to wake up. Winter is when your alarm's snooze button gets worn out. But there are solutions. Set your alarm tone to your ring tone. That will be more effective in waking you up. Let in some light in the morning, as a darkened room induces more sleep. Get the new alarm apps too, which involve solving puzzles or sums before you can hit the snooze button. Finally, remember the golden rule, "early to bed, early to rise".











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