

## **How to Have the Most Productive Day Possible Using Hacks**

If you read the advice of productivity gurus then you will find they often give tips and advice on ways that you can increase your output and productivity through clever lifestyle hacks. These include little changes to your routine and workflow that help to make you more engaged, less distracted and more full of energy.

On their own, these tips and hacks tend to have only a minor impact. But what if you were to try them all at once? Then you would get a cumulative effect that should drastically increase your productivity. Read on and let's take a look at some of the easiest hacks that you can combine in order to be as productive as humanly possible.

### **Cold Shower**

Starting your day with a cold shower is often one of the best things you can do to raise productivity. That's because cold water increases your production of hormones like norepinephrine which is essentially like having a shot of caffeine into your veins. This also increases testosterone so it's beneficial to your health in the long term as well!

### **Sleep Hacks**

There are a ton of sleep hacks out there but a few you can try include:

- Avoiding blue light for an hour before bed
- Consuming a teaspoon of honey before bed to give you energy through the night
- Wearing socks in bed
- Blocking out all noise and light from your room
- Taking a hot shower before you snooze (lots of showers going on here)
- Using a daylight lamp to wake up
- Getting straight out of bed rather than dozing

### **Routine and Workflow**

Once you've up, there are then some things you can do to enhance your routine and workflow. One is to make sure that you don't make looking at your phone the first thing you do – this is a common mistake that makes you stressed and reactive and prevents you from being productive. Make checking your phone something you do only after you have something concrete and productive under your belt.

Exercising before you start your day is also a good idea. This will further increase your metabolism and heart rate and give you more energy and focus for the day ahead. In the long term it will improve your memory and more.

Make sure you get fresh air every day so you have ample vitamin D and keep a potted plant on your office desk.

Do *all* of that and you should find that your days become at least somewhat noticeably more productive! According to the gurus at least...