

Problem-solving

Problem: Feeling tired through the day

Root causes:

Bad quality of sleep

Bad food

Screen time

Sleeping for a short amount of time

Poor time management

Stress

Poor exercise habits

Finding the root cause

Poor time management is the main root of my tiredness throughout the day. I plan things but I extend my working time to 1 am or 2 am sometimes, ignoring that my waking up time is 4 am. I sleep for two or three hours and then I feel tired throughout the day. Fulfilling my checklist is hell even if it's not hard.

Solution:

I'm going to lock my sleep time to midnight. I can't stay awake any minute longer. I think that 24 hours is a good amount of hours and I can do everything I want in that time. To do my regular duties I must have the energy. But cutting off my recovery time will just bring me bad results.

I updated my working calendar to adapt to this change.