

Published based on [New Secrets for All-Day Energy](#)

New Secrets for All-Day Energy

Nobody likes to be sad, depressed, angry, or in any other sort of bad mood. And nobody likes to hang out with people that are in a bad mood. So here are eight tips that you can do during the day to keep your self in a good mood all day long.

We sifted through the latest research on sleep, metabolism, stress, and chronobiology to identify the times when you're most vulnerable to fatigue—and, with expert help, devised a foolproof plan to help you combat it. These eight strategies ensure you will wake up refreshed and recharged, remain alert throughout the day, and wind down just in time for a good night's sleep.

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