

THOUGH winter weather may earn a few snow days here and there, the lack of sunshine can also dampen one's spirits.

Some people may resort to quick fixes like coffee and sugar to give a temporary burst. But here are three healthier ways to raise your energy level and keep it up.

Tip 1 - GET A GOOD NIGHT'S SLEEP

Sleep is quite obviously one of the most vital ways to restore an individual's energy level. If a person is overly tired, exhausted or even incoherent, the issue is most likely related to sleep in some way. Lack of sleep is even an important indicator of many health issues, such as depression and multiple sclerosis.

Teenagers on average need 9.5 hours of sleep a night--while a study by the National Sleep Foundation suggests that teens sleep for an average of only 7.4 hours a night.

More information on [sleep disorders](#) and [snoring treatment](#)

A good night's sleep is a hard thing to achieve, but a rewarding one. To do so, one must not sleep with the lights or the television on, as both are too stimulating to the brain, and the television may even cause certain glands within your brain to function improperly.

Read the [full article](#)

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