# Four Ways to Increase Your Energy

Are you tired, sluggish, and just want to go to bed 30 minutes after you wake up? Then your energy levels might be low. Having low energy can get your day off to a slow and eerie start. There are ways to combat this type of feeling.

To increase your energy it is best to use a combination of techniques and tricks. Rarely one thing can cause a huge energy boost to your lifestyle. The article will cover how eating breakfast and taking [energy supplements](https://www.mitoq.com/journal/best-energy-supplements-what-is-the-best-supplement-for-energy) will boost your energy. How the right amount of caffeine and that perfectly placed nap will help you feel revitalized.

When used together these tips will get you from feeling groggy and tired to energized and wide awake. There is a lot to get to today, so let's get started.

## Why Should You Eat Breakfast?

Waking up and fixing breakfast is not ideal for many people, but there are some who do have time. They just don't know how to cook or they don't feel like cooking early in the morning. Both are reasonable excuses but there are solutions to both.

The right breakfast can not only leave you feeling full and ready to start your day. But also, give you continuous energy throughout the day. You might have heard a balanced breakfast is a mixture of proteins, fats, and carbohydrates and that is correct.

Some great examples of this include oatmeal that can be cooked in the morning or at night and left in the fridge until the morning. It is called overnight oats and is great for those who feel they don't have time to cook in the morning. A mixture of oats for your carbohydrates and fruit can contain proteins.

Eggs are also a great source of energizing protein. It is also great because of the variety of ways you can cook it. Scrambled, boiled, or in an omelet form, they contain protein and healthy fats.

## Which Energy Supplements Should I Take?

Supplements are a great way to add those extra proteins or vitamins you missed from your breakfast. You always can't get those balanced breakfast meals you want, so this is a great alternative.

There are the usual supplements you may have heard of before, like your B12 vitamins or Creatine. There are also other supplements that specifically help boost your energy like CoQ10, or Coenzyme Q10. This antioxidant is a naturally occurring substance in the body that protects your mitochondria.

The mitochondria are one of the main energy producers of the body. Protecting them is vital, and failure to do so can cause a list of problems including deficient energy. These antioxidants decrease as we get older, so it is important to get all you can.

MitoQ is an example of this energy supplement and can increase your energy levels. Not only will your energy levels increase, but the CoQ10 will also defeat the free radicals inside the body as well.

## Get Your Caffeine

Caffeine is known to boost your energy levels and improve your focus. People usually correlate caffeine with coffee, but there are also other ways to get your caffeine.

Energy drinks usually contain high amounts of caffeine, and sometimes sugar. People often drink these as an alternative to coffee. You should try to experiment with which one offers you the best jolt of energy. It works differently for everyone and there are hundreds of options to choose from.

Caffeine is usually added to certain foods so they can say it gives you energy. Although the combination of sugars and caffeine can defeat the purpose. Yes, caffeine in coffee can give you an energy boost but the feeling eventually falls off. It takes more than one cup throughout the day to keep the feeling going.

## Take Naps

Infants take naps throughout the day and wake up full of energy and revitalized. These naps rejuvenate the whole body and mind. At some point in time kids stop napping and have enough energy to play throughout the day.

People today call the naps we take today power naps, but there are good and bad times to take these. Of course, the time you should take your nap should depend on your schedule. For instance, if you work in the morning the ideal time for your power nap will be between 12 pm and 3 pm. Having a nap too late can interfere with your sleep schedule at night.

Naps Can increase your focus and give you a burst of energy needed to complete that last task of the day. The strategically placed power nap can be ten to twenty minutes long. Not too long or short but just enough to get a good break.

## Conclusion

There is no one way to get that burst of energy you always wanted. The effects of one tip may not be for everyone, but a combination of each one could be the trick. There are absolutely more than five tips to get you the increase in energy you need.

This week try to accomplish eating a well-balanced breakfast and take some energy supplements for the vitamins and nutrients you missed. Or start drinking that coffee or energy drink you always wanted to buy.

Power naps may be your new favorite thing when you start. Try all these tricks out and stick to them and get the boost in energy you deserve.