



Brain Science; every day it's restart functionality power performance at 4:00 AM with 100%

Keywords rewire brain, brain pattern, 4am, wake early

Hits 281

URL <https://www.elanggovan.com>

NATURALLY, THE BRAIN PATTERN WHOLE DAY FUNCTIONALITY POWER WHEN EACH TIME A INDIVIDUAL WAKE UP TIMING AND THE BRAIN STATUS ON THAT MOMENT

It reduces performance every second.

By 5 AM it's reduced to 50%.

By 6 AM it's reduced to 25%

By 7 AM it's reduced to 15%

Base on individual wake up time BRAIN will pattern performance % for the whole day till following 4 AM

If don't sleep by 11 pm

Kidney's 2nd function won't happened.

If the person doesn't wake up by 4 am Kidney's 3rd function won't happen.

Unless official tasks by policy such as guard, army, night shift workers, etc need to awake at night.

Otherwise, it's wrong time management and it's self-manipulation for memory & health.

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