**Reasons You Wake Up In The Middle Of The Night**

**  April 24, 2017 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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If you often wake up during the night and usually blame it to the last cup of coffee in the evening, you should know that the real reason is the energy in your body.

The ancient Chinese medicine claims that one wakes up at certain hours in the night since the energy meridians of the body are linked to the clock system.

If you wake up sleep at different times, this is a result of the weakness or blockage of the energies corresponding to certain parts of the body.

1. **9:00 PM To 11:00 PM**

In case you are unable to sleep during this time, it is due to stress and worries. The anxiety and fear make you feel unsafe. To help yourself, try reciting positive mantras and meditate to improve your sleep and calm the mind.

1. 11:00PM To 1:00AM

**00:00**

At this time, the energy meridian of the gall bladder is active, so if you cannot fall asleep, you are probably emotionally disappointed. You might judge yourself too often, so try to forgive and self-accept yourself.

1. **1:00AM To 3:00AM**

This energy meridian is linked to the liver, and it indicates anger and the yang energy. If you are unable to sleep during this time, you probably suffer from feelings of rage, anger, anxiety, and guilt.

You should try to connect to your emotions, consume cooling foods, and practice self-loving affirmations.

1. **3:00AM To 5:00AM**

At this time, the meridian linked to the lungs is the strongest, meaning that the lungs are energized. Waking up now might be a manifestation of the blockage or inability to go with the flow and relax.

Take deep breaths and try to believe in the flow of the Universe to easy the emotional issues you are going through.

1. **5:00AM To 7:00AM**

This is the time of the activation of the meridian that flows into the large intestine. The large intestine detoxifies the digestive system, so if you wake up often during this time, you are feeling emotionally blocked or restricted in your life, or you carry a heavy emotional burden.

Try to relax, calm down, and let things go to release the tension and cleanse the body of toxins and negative energy.

Source: [www.curejoy.com](https://www.curejoy.com/content/reasons-youre-awake-certain-times-night/)

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