

Spiritual Meaning of Waking Up at 1 AM, 2 AM, 3 AM, 4 AM, and 5 AM

Waking up regularly at different times of night and having difficulties falling asleep afterward are a sign that your body is trying to send you a message. During the day, energy passes through the meridians of the body. These meridians are the channels through which energy is sent to all organs of the body to keep it healthy. But Whenever there is stagnation or energy build-up, sleep disturbances occur and you wake up 1 AM. And Around 1 am, sleep is deep and the body recovers from the previous day. This is the time when you have to sleep deeply, be completely relaxed, and restore your energy. But if you often wake up at this hour, your heart has accumulated all your worries and resentments and is now giving you a hard time during the night.

Tip: To reach the much-needed physical and mental balance, try to relax in the evening before falling asleep, with the help of a good book, ambient music, or some light yoga exercises.

Waking Up at 2 AM

At this time of night, you have to sleep deeply and the whole body needs to relax. Muscles need to lose the tension and negative energy accumulated during the day, and the affected tissues need to regenerate as well. Waking up too often around 2 am is an indication that you are physically very tired, you work too hard and your whole body is tense. You often get home exhausted and half-asleep.

Tip: Before going to bed, you should hop in a hot shower, followed by a cold shower or an aromatic bath.

Massage, chromotherapy, or aromatherapy are also helpful and you will stop waking up at night because of the accumulated fatigue.

Waking Up at 3 AM

When the clock approaches 3 AM (also known as The Witching Hour or The Devil's Hour), something strange happens around us. The veil between the living and the dead becomes thinner, allowing free passage between the two dimensions. Interdimensional creatures, ghosts, and demons creep into the world of the living,

creating chaos and tormenting sleeping people. "Legend has it that if you wake up at exactly 3:00 am for no reason in a state of terror then the Devil has visited you literally or in your dreams," said mystic investigations, Xavier Remington. He added: "A mere state of heightened agitation might indicate demonic or poltergeist visitation."

The Bible says that Jesus was placed on the cross at 9 AM and darkness covered the land from noon until Jesus' death at 3 PM. "At noon, darkness came over the whole land until three in the afternoon. And at three in the afternoon, Jesus cried out in a loud voice, "Eloi, Eloi, lama sabachthani?" (which means "My God, my God, why have you forsaken me?"). – Mark 15:33-34. The reversal of his death's time would be 3 AM, indicating the devil's presence in our world.

In 1535, the Catholic Church forbade activities during the 3-4 AM window due to growing fears about witchcraft. "This now the very witching time of night, When churchyards yawn, and hell itself breathes out," William Shakespeare wrote in Hamlet.

On the flip side, some researchers say that 3 AM (in the case of those who fell asleep early in the evening) is a perfect time to practice meditation or prayer.

Waking Up at 3:33 AM?

This may be a message from your guardian angel.

Note – Angel number 333 symbolizes encouragement and spiritual awakening. It may be a message to continue your efforts for spiritual and personal development.

Waking Up at 4 AM

Old Chinese medical practices teach us that this is when the lungs regenerate. During this time of night, you need to have a quiet, light sleep, breathe easily, and oxygenate your lungs. If you have trouble breathing, you may often wake up at the same time during the night. On the other hand, it is possible to go through a hard time and feel disoriented, sad, or disappointed. Depression may be one of the causes of waking up at this hour.

Tip: Wear light cotton clothes to bed so you don't sweat and cover yourself with a quilt that lets your skin breathe.

Before bed, do some yoga exercises (a good asana is called Balasana – a resting pose that provides a sense of stability and calm), read a cheerful book, or watch a comedy. Leave the window open for half an hour before going to sleep as fresh air is an important factor that greatly improves sleep quality.

Waking Up at 5 AM

If you wake up too often around 5 a.m., there's a chance you may experience digestion difficulties and stomach pain. Either you don't eat well enough in the evening and by this time you are hungry again or you eat heavy meals too late in the evening.

Tip: You should eat as light as possible in the evening and no later than 19 o'clock, but choose foods that give you energy, like fruits or nuts.

Avoid sugar-rich foods, fermented beverages, or fatty meat.

4 Tips to Fall Back Asleep If You Wake Up in the Middle of the Night

#1 You Don't Necessarily Have To Stay In Bed

Therefore, we have to distinguish between a short wake up during the night, which is normal (from one to three minutes), and one that can last longer, that is, over 20-30 minutes. In this case, we feel that we can't go back to sleep. Contrary to popular belief, forcing yourself to stay in bed is not always a good solution. If you can't fall asleep again, laying down may even extend the time you need to go back to sleep. Moreover, psychologists explain that staying in bed for a long time creates an unhappy association between bed and waking up at night.

#2 Keep Screen Time To A Minimum or Completely Avoid It. We have to get up, take a few steps, stretch, or start a calming activity, such as reading a book, but we have to always remain in a dark environment with low light. Neuroscientists warn that bright screens are forbidden in these situations. Why? The blue light

emitted by these gadgets makes the brain think it's daytime. Moreover, waiting for a message or an alarm can keep you preoccupied and prevent you from falling asleep quietly. Also, in this waiting state, the body becomes tense.

#3 Drink Something Cold

Drink some water. It is contraindicated, however, any drink susceptible to a stimulating effect, such as Coke or coffee.

#4 Learn To Relaxwoman doing yoga before sleep

Relaxation and recreation are allies of sleep. Sleep is based on two mechanisms: falling asleep and waking up, which both require relief. To encourage this relief, sophrology exercises can be practiced just like physical gymnastics. These exercises allow control over ideas and thoughts, which no longer have to be directed to every day worries.

Specialists recommend that the best way to get back to sleep is not to think you have to fall asleep at any cost! How To Stop Waking Up In The Middle Of The NightHow To Stop Waking Up In The Middle Of The Night Lack of sleep increases your appetite and puts you at risk of gaining weight or suffering from obesity.

In addition, if you do not rest well, the immune system does not work properly and you become prone to chronic infections and diseases. You can prevent this by making sure that you have a restful sleep. For this, you need serotonin, a brain substance that plays an important role in sleep regulation and which also affects your mood, behavior, and sex drive.

You produce serotonin after eating an amino acid called tryptophan, which you find in bananas, lentils, whole grains, or figs. Serotonin helps you calm down in the evening and produce melatonin, the sleep hormone. If you don't want to wake up during the night, you can take a carbohydrate snack that will prevent low sugar levels. However, stay away from cakes and other sugary foods and opt for something more natural, such as fruit or whole grains. For a good night's sleep, it is important not to skip breakfast. It is also vital to follow a sleep program.

Furthermore, try to go to bed and wake up at the same time each day. Make sure you are sleeping in a dark room, as light affects your sleep quality. If you are stressed, write about your problems in a diary, as it will help you relax. If you have an electric watch in the bedroom, try not to look at it all the time when you can't fall asleep because it will make you even more stressed. Think about something nice and break away from reality!