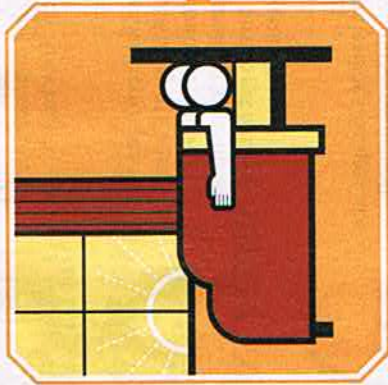


PERFECT TIMING



There are 24 hours in a day.
Here's how to make the most of them.

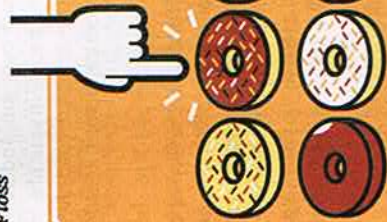
BY KATHY BENJAMIN • FROM *Mental Floss*



7 a.m.

Make a Baby!

If you want kids, your best bet is trying when you wake up—men's sperm counts are significantly higher in the early morning.



8:30 a.m.

Decide Something

Researchers have found that we make our best decisions right after we wake up. Later, we suffer from "decision fatigue" and make the quicker or easier decision.



10 a.m.

Take an Aspirin

Mornings, specifically Monday mornings, are the most common time for both heart attacks and migraines. A preemptive aspirin could ward off pain or even save your life.



9:30 a.m.

Update Your Blog

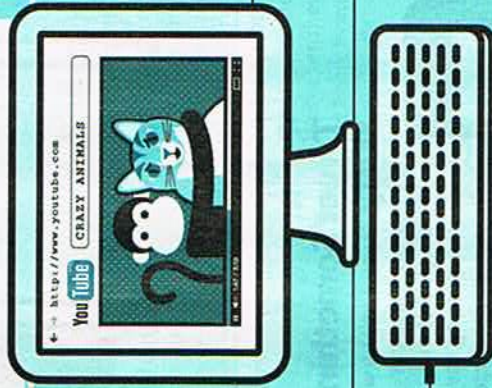
Most Web surfers check their favorite sites before 10 a.m. If you want to maximize your blog's traffic, be sure to post shortly after breakfast.



11 a.m.

Send an E-mail

Analysis of more than 200 million e-mails found that people are most likely to read their mail shortly before their lunch break. Send one at 11 a.m. to be at the top of the pile.



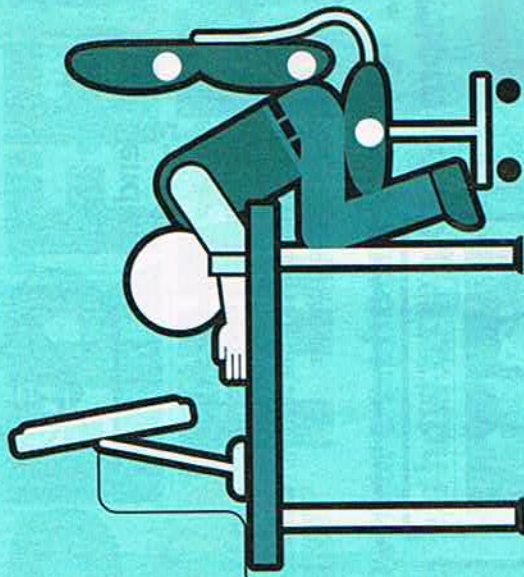
1 p.m.

Watch a Funny YouTube Video

Researchers from Northeastern and Harvard, who studied 300 million tweets over three years, concluded that the national mood is at its lowest at 1 p.m. Why not chase away those early-afternoon blues with a video of a sneezing panda?

2 p.m. Take a Power Nap

The post-lunch slump isn't just a symptom of a full belly; at around 2 p.m., your body temperature starts to drop the same way it does at night. Australian researchers found that a ten-minute power nap is the most effective way to combat the midafternoon blahs.



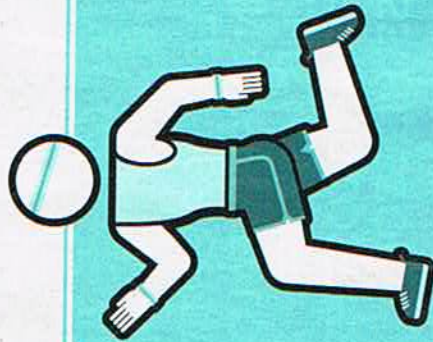
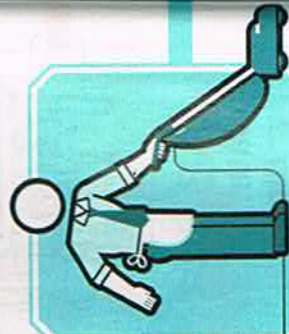
4 p.m. Tweet Something Witty

If you come up with a 140-character zinger first thing in the morning, save it. A study conducted by social-media scientist Dan Zarrella found that Twitter users are most likely to retweet others' pithy comments between 3 p.m. and midnight, peaking between 4 and 5 p.m.



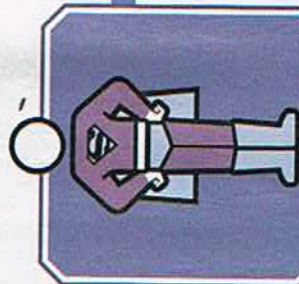
4:30 p.m. Clean the House

It's best to clean when your hand-eye coordination is highest, around 4 to 5 p.m.



5 p.m. Get Some Exercise

Your body temperature is highest from 5 to 6 p.m. The heat increases your stamina and strength while decreasing your reaction time, so the added warmth makes your workouts more effective.



10 p.m. Solve the World's Problems

Difficult problems require creative thinking, and studies show that people do their most abstract thinking when they are tired. If you're not a night owl, letting your mind wander when you're worn-out might lead to a creative solution to a problem that seemed insurmountable at noon.



9 p.m. Sell Something on eBay

According to eBay users, the best time to end an auction is 9 p.m. EST because people tend to surf the Web when they get home from work at night.

