



HOW TO

Become a Morning Person!



Set a Bedtime

It's not just a job for moms. Send yourself to bed at a time that will allow you to get enough sleep before your alarm goes off.



Upgrade Your Bed

A good sleep environment = good sleep quality. Invest in a new mattress, upgrade your pillow and buy new sheets and blankets.



Nighttime Prep

Before bedtime, prep for tomorrow – choose an outfit, pack a lunch and organize what you need for the day.



Adjust Your Alarm

Hate the beep? Pick an upbeat song. Hitting snooze too much? Set your alarm across the room.



Make a Gradual Change

Change your bedtime and alarm habits first. Then set your alarm back 10-15 minutes more each day until you reach your goal.



Do Something Positive

Do something that sets your day up for greatness – read, stretch, drink coffee, journal, dance, etc.



Be Productive

Do something that boosts your productivity – make a to-do list, workout, answer emails, etc.



Drink Water & Eat Breakfast

Give your energy level a boost by rehydrating and refueling.