

Enjoying Your Morning

Are you having trouble getting out of bed in the morning?

What do you see as the problem?

- Don't want to face the day?
- Too comfortable in bed?
- Hate mornings?
- Not a morning person?
- Believe you have nothing to look forward to?
- Think you may be able to fall back to sleep again?

Finding ways to get out of bed at the same scheduled time each morning will help your sleep improve. The best way to do this is to think of ways that would help you to get up. Below is a list of things others' have found helpful. We hope that this list inspires you to come up with your own way of getting out of bed in the morning.

Ways to help to get out of bed

1. Go right into the shower to increase alertness
2. Make yourself a special breakfast
3. Treat yourself by buying/brewing your favorite coffee
4. Go out for breakfast—think about making it weekly
5. Take your dog for a walk, or if you don't have a dog—go by yourself. Fresh air will make you feel less sleepy and being out in the sun is good for your body clock. (Also, your dog (if you have one) will thank you!)
6. Schedule a visit with a friend
7. If you are too comfortable to get up, wrap the blanket from your bed around you, and **carefully** walk to your favorite chair in the house. Moving from a warm, comfortable bed to a comfortable chair will make it easier.
8. Remind yourself that if you will get any more sleep, it will be light, lower quality sleep at best because for most of us the extra sleep in the morning tends to be light.
9. _____

10. _____
