

Developing a Wake-up Routine:

Principles:

- to work on chronic insomnia, an important step is to have a regular wake time, 7 days a week
- setting an alarm is needed, to know if it is time to get out of bed, and to avoid oversleeping
- do not use the snooze function with your alarm
- getting early morning light is very helpful for enhancing the circadian rhythm (body clock)
- sleep inertia (grogginess after waking) is normal, and usually last 5-20 minutes, and can be lessened by a good wake-up routine

RISE UP method:

Refrain from snoozing
Increase activity
Shower, or wash face and hands
Extra sunlight
Upbeat music
Phone a friend

Tips for RISE UP method:

Refrain from snoozing:

- we get more REM near the end of our sleep period, so using snooze button means the REM during that extra sleep is interrupted
- consider using an alarm that does not have the snooze option, and that is louder than a cellphone alarm
- if necessary, put the alarm across the room, so you have to get out of bed to shut it off

Increase activity:

- consider what exercise or physical activity you could do right after waking
- even a little movement gets your blood flowing and signals to the body that a new day has started
- could be doing a series of stretches or calisthenics, or going for a walk
- this aspect can combine with others (eg. walk outside to get sunlight, while listening to music)

Shower, or wash face/hands:

- if you don't want to shower, splashing some cold water on your face can help

Extra sunlight:

- on a sunny day, even just 10 minutes outside helps with regulating the body clock
- if cloudy, there is still more light than indoors, but need longer time (at least 20 minutes)
- option: get a SAD lamp (used to help treat winter depression), and read or eat breakfast by it, for 30 minutes in the morning

Upbeat music:

- music might motivate you to start moving more
- any loud sounds (music, news shows, podcasts) can help

Phone a friend:

- any social contact has been shown to increase alertness
- you could call someone, or talk to someone while out for a walk