



WAKE UP TO A MORE ENERGIZED DAY

If YOU'VE ever said, "I got 8 hours of sleep, why am I still tired?" . . . it might be time to implement a new morning routine that can complement your day! A frantic and hectic start to your day can wake you up temporarily but leave you dragging later. It's much better to come out of your "sleep mode" more naturally than to the sound of a blaring alarm! If your body gets off to a more relaxing start, you'll have a more energized day!



Here are a few suggestions to lessen the morning shock of waking . . .

1. Wake up to music rather than an alarm.
2. Don't get up right away. Take a few deep breaths, loosen up and stretch your limbs from your fingers to your toes.
3. Think of the most positive thing that you'll be doing that day. That's how you'll guarantee that you'll get up "on the RIGHT side" of the bed!
4. Get out of bed slowly.
5. Turn on more and more lights as you go through your routine until every light you see is on.
6. Do 3-5 minutes of easy activity with the emphasis on easy. A few stretches; a leisurely walk around the house.
7. Eat breakfast especially foods low in fat and high in protein, fiber and carbohydrates that provide energy that lasts a long time: yogurt, whole wheat breads; peanut butter; skim milk.

Practice makes perfect . . . so don't resort to hitting the snooze button. Remember, getting up at approximately the same time every day makes it easier to set a sleep cycle.



The Medical
Center of Plano