

The Quick Guide to

WAKING UP EARLY

SET AN EARLIER BEDTIME

Schedule at least 7 to 8 hours of sleep & start gradually

GET ENOUGH QUALITY SLEEP

- Avoid screens before bedtime
- Stop eating before bedtime
- No caffeine after mid-afternoon.
- Make your bedroom relaxing
- Exercise regularly
- Take short afternoons naps
- Practice deep breathing
- Go to bed and wake up at the same time
- Create a relaxing bedtime routine.
- Keep room nice and cold.

PREPARE THE NIGHT BEFORE

Tidy up and set out clothes, glass of water, etc.

OPTIMIZE YOUR ALARMS

- Alarm across the room
- Alarm across the room & phone by bed
- Use iPhone Clock app
- Use Step Out App
- Have pleasant alarm sound

SET YOUR INTENTIONS BEFORE YOU GO TO BED

- Visualize your wake-up plan and morning routine an
- Write down you plan
- Get and accountability partner

WAKE UP & SMILE

Fake it til you make it!

HEAD STRAIGHT TO THE BATHROOM

Don't even let yourself think about getting back into bed.

DRINK A GLASS OF WATER & BRUSH YOUR TEETH

It'll wake you up and get into your morning routine.

GET DRESSED

Put on workout clothes to make sure you exercise