

How To Get Out Of Bed Earlier & Get More Done

Looks like 'Summer' is over and as such the dark nights and mornings are rolling in.

The downside this is only going to get worse!!!!

If you're like me I always find it harder getting out of bed during this time of year compared to the spring and summer months.

Whilst I would consider myself an early bird rather than a night owl that doesn't mean getting out of bed on a morning is easy.....

However, help is at hand.

We had such a great response to one of our previous blogs around sleep '4 Simple Strategies For A Better Nights Sleep' we thought we'd put together another.

In this blog we worked through some tips to improve both getting to sleep and staying asleep. If you missed this you can read it here.

On the other side of a good night's sleep is your morning routine.

Heres's 5 tips to help you get your morning off to the best possible start.

#1 Get Out Of Bed Earlier

This used to be my downfall. If I woke to my alarm I often hit snooze, often more than once, only to be then chasing my tail and rushing around like a mad-man!!!

However, I now actually set my alarm later than previously but get up early.

How's that work?

So rather than my alarm going off and hitting snooze several times I now set my alarm later but am able to get straight out of bed.

I do this by putting my alarm out of reach of my bed.

Therefore, I have to get out of bed to turn it off.

Using the above system I get more sleep, as my alarm sounds later, whilst I spend no time 'coming round' or 'snoozing'.

WIN-WIN.

#2 Set An Early Win

This could be something as simple as making your bed. Pick a task that will take you a maximum a few minutes.

An early accomplishment puts a marker down for success that day.

It doesn't have to be any significant and could alter day to day, but the structure and plan to achieve early in the day will set you up for the day ahead.

#3 Get Prepped For The Day Ahead

Being prepared will undoubtedly save you time and help you enjoy your morning routine more.

Regardless of how long your morning routine is, from 20 mins to 2 hours, there will be a time limit on the amount of time from when you wake till the time you need to be out of the house.

But what if you prepared in a way to allow for more time in the morning.

For example what about prepping your breakfast the night before.

It could be something as simple as getting your coffee mug out of the cupboard the night before.

This might be the difference between actually having the time to sit down and enjoy your coffee rather than spending five minutes searching the kitchen looking for a mug only to remember they are all waiting to be washed in the dishwasher.

Frontloading your time and preparing can allow you a buffer of time to enjoy your morning routine.

#4 Do Something

As part of your morning routine try doing something.

What you do will differ. It might be stretching, walking the dog or meditating. It might be doing 10 push ups.

It doesn't have to last long or be that adventurous.

Similar to #2 Set An Early Win this activity gives us a sense of accomplishment and helps break up a possible mundane 'ground-hog' day morning routine.

#5 Have Or Make A Plan

Ideally I like to know what I'm doing that day the previous day i.e. I will generally plan my Tuesday by the end of the day Monday, and so on and so on.....

If for whatever reason I didn't do the above, I make planning that day's activities part of my morning routine.

Whether that's work, hobbies, sport, family commitments this process allows me to generate some structure to what I plan to achieve that day.

If I'm also able to see what I need and want to achieve that day I can also prioritise what I need and want to do.

In turn this gives me a focus and ensures I am as time efficient as possible and get to spend as much time as possible doing the things I enjoy most.

I hope you've found this post helpful.

Please let us know if you try any of the above tips and how you got on.

Enjoy the rest of your week

Andy

PS If you missed our previous sleep related post regarding getting a better night's sleep you can read it [here](#).