

how to be a morning person

{or at least fake it}



WAKE UP RIGHT

THOSE FIRST FEW MOMENTS SET THE TONE FOR THE DAY.

■ **Stop slapping snooze** When your alarm goes off and your body pleads, “Five more minutes,” just say no. “You’ll only be getting an extra 10 to 15 minutes of sleep, and it’ll be very fragmented and not deep enough to feel restorative,” says Phyllis Zee, M.D., Ph.D., director of the Center for Circadian and Sleep Medicine at Northwestern University Feinberg School of

Medicine. Rather than setting your alarm for 6:15 a.m. and snoozing for 15 minutes, you’re better off just setting it for 6:30.

■ **Catch some early rays**

Think about how much easier it is to get out of bed in summer, with light pouring through your windows. That’s because light stimulates your brain and suppresses the production of melatonin, the hormone that helps you feel sleepy. Zee suggests turning on a lamp soon after waking, and heading to a window to take in natural daylight (sunny or not) as soon as possible. Another option: Program a light box to gradually

become brighter, starting about 15 minutes before you wake up. “Look for one with blue light and a rating of 3,000 to 10,000 lux, which is the equivalent of being outside on a cloudy day,” Zee says. Alternatively, you could plug your bedside lamp into a timer or try a clock that uses bright lights and soothing sounds to wake you up, like the ones at wakeuptothesunriseilight.com.

■ **Don’t check e-mail right away**

“Once you start looking at e-mail, you’re spending time on issues other people consider a priority, and it puts you in a reactive state of mind,” says Laura Vanderkam, a time



NOW HEAR THIS!

Make music psychologist David Greenberg's wake-up playlist on Spotify the soundtrack to your morning routine:

COLDPLAY
Viva la Vida

MACKLEMORE & RYAN LEWIS
Downtown

BILL WITHERS
Lovely Day

AVICII
Wake Me Up

PENTATONIX
Can't Sleep Love

DEMI LOVATO
Confident

ARCADE FIRE
Wake Up

SAM SMITH
Money on My Mind

FELIX JAEHN
Ain't Nobody (Loves Me Better)

KATRINA & THE WAVES
Walking on Sunshine

management expert and author of *What the Most Successful People Do Before Breakfast*. Wait until you're out the door to start scrolling.

■ **Stretch before your feet touch the ground** This gentle two-part move from Pilates and hatha yoga instructor Jo Ann Staugaard-Jones helps warm up your lower back and hip joints, which can feel stiff in the morning. The breath work sends oxygen to your stomach and other organs, prepping them for the day.

1. LIE ON YOUR BACK in bed and hug both knees to chest. Inhale as you move knees away from you; exhale and bring knees back in to chest. Repeat five times.

2. STRETCH YOUR LEFT LEG OUT on the bed and hug right knee toward chest. Use your hands to gently move the right leg in slow circles a few times, then change direction. Next, bring right leg across straight (left) leg, touching knee to the bed if you can, taking 3-5 deep breaths before returning to center position. Repeat on other side.

EAT FOR FUEL

BREAKFAST IS TRULY THE MOST IMPORTANT MEAL OF THE DAY.

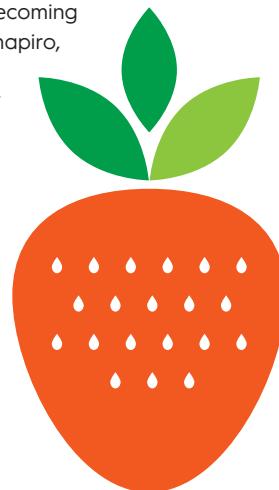
Try these quick-hit healthy ideas; each one gives you a good dose of your daily protein.

■ **ACE toast** (avocado-chia seed-edamame) Kick up the healthy in your avocado toast: Mash ½ cup avocado and season with sea salt, pepper, and lemon juice. Spread mixture on a slice of toasted whole grain bread; sprinkle with ½ cup cooked, shelled edamame. (They'll easily stick to the mixture.) Sprinkle on 1 Tbsp. chia seeds for an extra 2 g protein. **TOTAL PROTEIN: 17 g**

■ **Nordic yogurt parfait** Also called *skyr*, Icelandic yogurt tastes similar to Greek and also has lots of protein (thanks to the straining process), but is slightly thicker. Top it with ½ cup high-fiber cereal, something like Kashi GoLean Crunch or a few crumbled Frosted Mini Wheats, and ½ cup raspberries or peaches. **TOTAL PROTEIN: 20 g with Kashi, 18 g with Mini Wheats**

■ **PB & A waffle** Top 2 whole grain waffles with 2 Tbsp. peanut butter and ½ apple, sliced. "With whole grains from the waffle and protein and healthy fat from the nut butter, you won't run the risk of becoming hangry," says Ilyse Schapiro, M.S., R.D., coauthor of *Should I Scoop Out My Bagel?* With 8 g protein per 2 Tbsp., peanut butter has the most protein of all the nut butters. (Almond isn't far behind, at 7 g.) Nut-free? No problem: SoyNut Butter has 7 g. The apple adds hydration, vitamin C, and fiber.

TOTAL PROTEIN: 12 g



DRINK THIS ASAP

After seven to eight hours of sleep, you need a glass of water, stat. You wake up slightly dehydrated, and the longer you wait before drinking water, the more prone you'll be to grogginess, fatigue, and general brain fog, explains sports dietitian Tara Collingwood, M.S., R.D. Keep a carafe and glass on your nightstand and take a good, long drink before getting out of bed.



When things fall slightly behind schedule due to children who don't feel the need to rush, my husband and I take a deep breath. One minute of calm can actually speed things up.

A sweet voice and a warm hug can often stop the screaming faster than chanting, 'Let's go! Let's go!' 10 times in a row.



DIAN McMANUS, 40,
SANTA MONICA, CA

STREAMLINE IT

A FEW TWEAKS TO YOUR A.M. ROUTINE CAN SAVE TIME AND BRAINPOWER.

■ **Ritualize your morning** Pick a few outfits and breakfasts you like and put them on rotation. "Even the seemingly smallest choices can start to drain your energy," says psychologist Kathleen Vohs, Ph.D., a professor of marketing at University of Minnesota's Carlson School of Management.

■ **Don't overprep the night before** "When evenings are taken up by chores, people tend to stay up late for 'me time' in the form of television, Internet, or reading, only to wake up sleep-deprived," Vanderkam says. Save one or two chores that make sense for morning (like packing lunches), turn in earlier, and you'll rise and shine raring to go.

■ **Set an 'almost time to leave' alarm** You can't get rid of all morning chaos, but setting an alarm for 10-15 minutes before you need to head out can help you make the most of your time. "Recognize that those minutes after the alarm dings might be more stressful, but this helps you pace yourself," Vanderkam says.

BRING GOOD VIBES
START YOUR DAY
ON THE RIGHT FOOT.

■ **Skip the morning news** It can be stressful, and that can cramp your concentration: One study found that people who watched a happy video (a laughing baby, cats cuddling) learned new concepts better than people who watched an upsetting video (a report on an earthquake). Sure, you want to

know what's going on in the world, but wait until later in the morning to check your feed.

■ **Listen to music instead** "Songs that start out gently help you wake up gradually; then you need a more intense beat and empowering lyrics to get you going," says David M. Greenberg, a music psychologist at The City University of New York who partnered with Spotify to create the ultimate wake-up playlist. (Check it out on *page 128*.)

■ **Take a mindful moment** You have to shower anyway, so why not work in your moment here? "Pay attention to the sound of the water and the way it feels on your skin," says Timothy Pearman, Ph.D., a clinical health psychologist at Northwestern University's Robert H. Lurie Comprehensive Cancer Center in Chicago. Don't worry if your thoughts wander. "The simple act of trying is enough to help you focus and experience a bit of calm," he says.



FIND YOUR 25TH HOUR

It's all about waking up earlier—even if that means moving your bedtime up and losing some awake time at night. Research points to the health benefits of rising early, including a consistently better mood. "It might feel hard at first, but once it becomes a habit, you'll crave it," says Jennifer Cohen, a Los Angeles-based fitness and lifestyle coach. That's what happened to Susan Biali, M.D., a former night owl

from Vancouver. When jet lag forced her into bed at 8 p.m. four years ago, she found herself sleeping soundly until 6 a.m. and waking with tons of energy. So she moved her bedtime up from 11 to 9:30 or 10. Adapt these tips to help you get better sleep and wake up refreshed:

CREATE A WIND-DOWN ROUTINE

Your body needs time to decompress to prep

for quality sleep. About 20 minutes before bed, put on your PJs, dim the lights, and start unwinding.

TWEAK YOUR EATING PATTERN

Heavy, late meals can drive up levels of the hormone cortisol, which keeps you out of deep sleep. Try to flip-flop your routine to a hearty breakfast and a snacklike dinner, so your body won't be busy working on digestion when you're trying to wind down.

LOG OFF AT LEAST 30 MINUTES BEFORE BEDTIME

That means turning off the TV, your phone, and your tablet. Staring into a bright screen is the worst thing you can do before bed. It stimulates your brain and body and makes it harder for you to enter deep sleep. ■