

33 Ways to Wake Up Refreshed

Day/Evening Before

- Drink more water in the day
- Eat dinner well before bed
- Cut out sugary drinks/foods
- Read before bed to relax
- Deep breaths/silence before bed
- Read before bed to relax
- Start a daily gratitude journal
- Cool your room before bed
- Move your alarm outside
- Limit alcohol before bed
- Relax with a herbal tea
- No phones in the bedroom
- Aromatherapy Diffuser on
- Hot shower before bed
- Put Pajamas on
- Organize Clothes for tomorrow
- Doggo outside the bedroom

The Morning of

- DO NOT HIT SNOOZE BUTTON
- 1 min silence upon waking
- Rehydrate upon waking
- No phone for 1 hour
- Drink more water in the day
- Morning stretches
- Get your heart rate up
- 1 min cold shower in morning
- Read affirmations aloud
- Set intention for the day
- Put on some tunes
- Make your bed

Generally:

- Assess your Mattress
- Remove TV from bedroom
- Get a better pillow
- Upgrade your bed linner
- Tidy/declutter your bedroom