

Tips for a Successful Morning



The University of Texas did a study in 2008 in which they discovered that students who identified themselves as “morning people” had an average GPA a full point higher than “night owls.”

Waking up early is an important part of being successful for any morning activity such as band, or even school! While it comes easier to some than others, everybody is capable of having a successful morning routine. Here are some tips to help you make sure that your mornings go smoothly and easily.

THE NIGHT BEFORE:

1. Ask yourself:

- **“How much time do I need in the morning** to get ready without rushing?” Allow yourself a small (10 minute) “buffer” for your morning routine.
- **“What time do I have to wake up** to allow myself this much time?”
- **“How much sleep do I need?”**
- “Based on the answers to these questions, **when do I need to go to bed?**”
- *[For example, if I need one hour in the morning to get ready without rushing, I should wake up at 6:00 to leave for band at 7:00. If I need 9 hours of sleep, I should go to bed at 9:00 PM, 9 hours before my 6:00 wakeup time.]*

2. Set and check your alarm every night.

- Your parents probably do this for themselves. However, you should do this for yourself as well!
- Instead of the not-so-exciting “beeping,” set your alarm to play something that you enjoy, such as your favorite **radio station or music** track. This helps make getting woken up a much more pleasant and positive experience.
- Do you have trouble getting up in the morning? Easy – **Set one alarm next to your bed, and one across the room.** This way, you will HAVE to get up and out of bed to turn it off!

3. The body naturally wakes up faster when it’s **light** outside, so **keep your curtains open** to use the sun to help you wake up. During certain times of the year when we need to wake up when it’s dark outside, or during those days when it is dreary and cloudy, **consider using a timer on your bedroom lamp** to encourage yourself to get up at your wakeup time.

4. Work with your parents to **organize** your homework time, dinnertime, AND chill time around the fact that you should be in bed by your goal sleep time.
5. Take 5 minutes every night and **lay out your items for the following day of school**: your instrument, music, backpack, and other assignments and materials in a logical and consistent location (such as next to the front door). Turn this into a nightly checklist.
6. Additionally, **pick out your clothes for school the night before**. Lay these out so that you can simply put them on the next morning.
7. Place a **container of water** by your bed before you go to sleep. This will be explained below.

THE MORNING OF:

1. **Breathe deeply** as soon as you are awake. This gets your circulation going and increases the oxygen level in your blood, readying your body and mind to be active in the morning.
2. Back to that container of water...**Drink a good amount of water** right when you wake up. Most people get a little dehydrated while we sleep, so drinking water helps stimulate the body and lets it know that it's time to get up.
3. **Do something active** as soon as you are out of bed. This does not necessarily have to be vigorous exercise, but briefly running in place, quick stretches, jumping jacks, and more gets your blood flowing. Even hopping out of bed right away after your alarm goes off helps you get on your feet and your muscles moving.
4. **Taking a shower immediately** after getting up also helps many people wake up, as it gets them moving too!
5. If you **wake up a few minutes before your alarm rings, get up and out of bed anyway**. Your body has completed its sleeping cycle and it has told you that it's ready for the day. If you go back to sleep to wait for the alarm, you'll likely feel more drowsy.
6. If you end up having extra time in the morning, **enjoy it!** Read a favorite magazine, play a short level of a video game, or watch a couple minutes of television. Not only does this reward you for being responsible and getting up in time, it also helps you relax before going out and starting your day.
7. **Attitude is everything!** Even on those mornings when it is difficult to get up, give yourself something to look forward to, and be grateful that we live in a great community and go to a great school. We are fortunate to have the lives that we do, and we should be grateful that we have another day to enjoy our lives, our friends, and our education!