

Counting Sheep Week 5

It's a game changer!



Evaluate Your Wake Up Routine

Have you thought about how much your wake up routine effects your sleep (quality and how long).

Do you do things like hit your snooze button over and over again?

Do you wake up to an abrupt alarm?

Do you have a plan for breakfast (you and your family)?

Do you take your shower the night before?

*****Take the time to evaluate your wake up routine.**



Stop Hitting the Snooze Button!

Lets just talk about the alarm clock. Pick a sound that is strong and loud enough to wake you up, but pick a sound you enjoy (music or tone). Who wants to start their day with something they hate?

Even if you have to put your alarm or phone across the room, STOP HITTING THE SNOOZE BUTTON! If you are one of these people, you probably do this the same way most mornings and you probably have a time that you HAVE TO GET UP BY. This time that you HAVE TO BE UP is your REAL alarm time. Most of us that do this are consistently missing out on at least 30 minutes of quality sleep EVERY SINGLE DAY. Below are a few more reason to reconsider the snooze button.

1. **Procrastinating** - Have you ever thought this might be your first procrastination of the day? How many of you are trying to procrastinate less? Well, this is your first opportunity to say "NOW", not "LATER".
2. **Groggy** - Talk about confusing to your system. First you tell it to wake up abruptly, then you try to put your body back to sleep, then you wake it back up, and then put it back to sleep again. Do your body a favor and don't send mixed messages... Just wake up once.
3. **Negativity** - I guarantee any morning you hit the snooze button, you aren't exactly excited about getting out of bed. This puts a negative tone to the day. Try waking up looking forward to something that day. This is why music is a great option, something you love mixed with thinking about something you are looking forward to.

