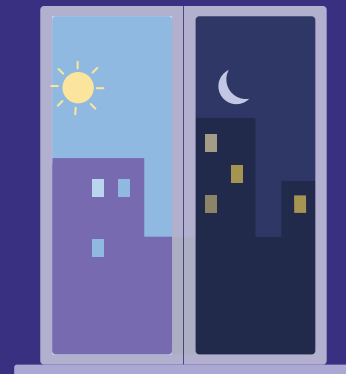# Every Good Morning Starts With a Good Night

Mornings can be a real struggle, especially on Mondays. You hit snooze one too many times, and suddenly, you're racing against the clock, skipping breakfast and maybe even putting your shirt on inside out. It's like everything is working against us—no matter how hard we try, we still end up groggy, tired and off our game until lunchtime.

It may be hard to hear, but the best way to improve your mornings actually starts the night before! Here are some tips to help improve your mornings while you're preparing for bed the evening prior.

Consistent Bed Time

Establishing a consistent bedtime will help your body adjust for sleep around the same time every night. You'll be able to fall asleep quicker when your body is able to predict when you will try to sleep. Consider also, how long it takes you to get to bed. How long does your nightly routine take? If you want to get to bed at 10 p.m. then you may need to start getting ready at 9:30 or earlier based on your nighttime routine.

Understanding Your Internal Battery

While we've all heard about the 7-8 hours of sleep that's ideal for the average person, the reality is that every person is different. Some people may only need 6 hours to feel recharged, while some may need 9 or even 10 hours! Take time to think about the days when you feel well-rested and how long you slept the night before.

Bed Time Discipline

Getting into bed is not enough anymore! Put the phone down and let yourself go to bed. Oftentimes with all the distractions that our phones bring us, we have to actively choose to ignore some notifications or social media to go to bed. Try charging your phone out of reach of your bed, so that you can't reach your phone when lying in bed. This can help fight the urge to keep scrolling on social media.

Set Goals for the Day

Plan ahead! During your nightly routine, think through what's coming tomorrow morning. Make a mental (or literal) checklist of things you want or need to get done during the next day. This will help you relax in the morning beacuse you don't have to wake up and instantly piece together your daily priorities. This can create space for your morning to feel more relaxed.