

## **How to Start Your Day with More Energy**

1. Get 7-9 hours of sleep. It goes without saying, but many of us are chronically sleep-deprived, which, of course, causes morning fatigue. Sleep is crucial for much-needed rest and rejuvenation of the body and mind.
2. Cut back on alcohol. Although alcoholic beverages in the evening can initially help you feel more relaxed, alcohol causes sleep disruption resulting in morning fatigue.
3. Sleep in complete darkness. Exposure to light when you're trying to sleep can disrupt your body's internal cycles and reduce melatonin levels. Before bed, turn off all lights, computers & TVs and eliminate all other sources of light, even your digital clock (cover it with a towel).
4. Eat breakfast! You've essentially been fasting all night, therefore it is important to 'break' the 'fast' with a healthy protein-rich breakfast such as a protein smoothie, eggs, cottage cheese, or Greek yogurt with fruit or veggies. A healthy breakfast, low in sugar, will give you energy to start your day.
5. Energy from the Sun. In efforts to regulate our internal 24-hour clock, we should have darkness during night hours and exposure to sun in the morning. Sunshine influences the pineal gland, helping us to feel more alert.
6. Get moving. People who exercise in the morning are more consistent with their physical activity. Make it a habit to get your body moving in the morning; even if you start small, all types of exercise count, so to commit to something you enjoy doing on a regular basis.
7. Attitude of Gratitude. While stress and negative events happen to us all, it can be helpful to start the day with a positive attitude. Stress is a very common energy zapper, so make an effort to think of something that you're grateful for upon waking each day.

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