

Quick Tips for Better Quality Sleep

- Get sunlight before noon
 - Walk outside
 - Sit near a window
 - Open shades and blinds
- Practice a relaxation technique daily
- Get 150 minutes of exercise per week
- Adjust your sleep environment to be cool, dark, and quiet; dim lights and screens (or refrain from screen time and do a relaxing hobby) in the hour or so before bed
- Wake up at around the same time each day (only off by an hour or so on the weekends)

Quick Tips for Getting Up in the Morning

Use the **RISE UP** protocol to help get out of bed:

- Refrain from snoozing; get out of bed immediately following your alarm. Consider keeping the alarm at a distance or setting multiple alarms for the same time, to reduce desire to return to bed.
- Increase activity in the first hour upon waking. Sit up on the couch, don't recline. Consider more active movement, making tea or doing household chores. Avoid sedentary activities, e.g., scrolling on phone or reading email.
- Shower immediately or wash face and hands with cold water.
- Exposure to sunlight, if possible; open blinds and shades. Turn on bright light or lightbox/SAD lamp if it is still dark.
- Upbeat music – create a morning playlist for this purpose.
- Phone a friend, or plan to have a conversation with housemates within first hour of waking.

For more on RISE UP: [Kaplan, K. A., Talavera, D. C., & Harvey, A. G. \(2018\)](#)