

# 8 TIPS FOR WAKING UP ON DARK MORNINGS



## ROUTINE

Develop a strong routine for waking up and stick with it as well as you can



## EXERCISE

Incorporate some gentle exercise into your morning routine. Stretching is a great way to wake up your body



## WATER

Get ahead and get hydrated - try a glass of water first thing



## FRESH AIR

Get outside into some fresh air and natural light as early as possible



## LIGHT

Wake up gradually with increasing light. Try out a SAD lamp or lumie bodyclock



## PERSPECTIVE

Remind yourself that it's going to get lighter! In both a few hours and a few months



## GRATEFUL

Be grateful that darker mornings are part of how our planet works



## SUNRISE

Enjoy the sunrise, which we usually don't get to see in the lighter months of the year

