

Tactics Checklist

Waking Up Too Early

The Serenity Project



www.paulinewiles.com

Waking Up Too Early Checklist

~ Tactics ~

Remember:

- It's not just you, and it should pass.
Many people struggle with this, especially in summer.
- Lying quietly in bed still gives your body rest.
- A full moon may exaggerate your troubles.

If you wake up early:

- Try ear plugs.
These are a low-cost investment to keep handy.
- Keep a sleep mask close by.
Look for one that's soft, or pretty, or both; not too tight around your temples.
- Listen to a sleep story.
For example, try the "Calm" app.
- Listen to sleep sounds.
For example, try the "Relax Melodies" app.

If you can't fall asleep again:

- Simply get up.
But make sure you go to bed early the following night.
- Read something gentle.
As a book, not in digital format.
- Take a short nap later, if you can.

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~ Advance and ongoing tips ~

The night before:

- Set an alarm to remind you of bedtime.
Light evenings can mean you “forget” to go to bed!
- Don't eat two hours before bedtime.
You might naturally eat dinner later in summer.
- Avoid screen use before bed.
- Finish social activities earlier.
Again, light evenings can extend social interactions.
- Avoid alcohol.
- Ditch caffeine after 3pm.
- Lower your bedroom temperature.

Ongoing tips:

- Keep your sleep schedule more or less the same.
Avoid big changes at weekends or during vacations.
 - Make your bedroom darker.
Blackout blinds or special drapes can help considerably.
 - Seek morning sunlight and avoid evening light.
 - Revisit allergy medications.
- **And of course visit your doctor if problems persist.**