**10 Tricks That Will Transform a Night Owl Into a Morning Person**

It seems like almost every adult responsibility requires us to be a morning person. Unfortunately, for a lot of us, that just isn’t the case. Most of us aren’t even tolerable to be around until our cup of coffee has kicked in.

But wouldn’t it be nice if it didn’t take all those caffeine jitters to make us feel alert and happy in the morning? What if you could wake up and instantly feel ready to take on the day? That’s what morning people feel like! Believe it or not, anyone can learn to become a [morning person](http://info.totalwellnesshealth.com/blog/bid/338183/The-6-Healthy-Habits-of-Morning-People). With a healthy routine and a little practice, you will find yourself a lot less grumpy when that alarm clock starts buzzing.

Read on to learn 10 tricks that will transform a night owl into a morning person:

**Before Bed:**

*Skip the afternoon coffee*

It’s been proven time and time again that caffeine disrupts your sleeping pattern and quality of sleep. It might be difficult at first, but stick to drinking caffeinated beverages only in the morning – not in the afternoon. A good rule of thumb is to not ingest any caffeine for at least four to six hours prior to bedtime.

*Eat for sleep*

What you eat and drink before bed has an effect on your sleep. Sneak in some [sleep-promoting foods](http://www.rd.com/health/wellness/foods-that-help-you-sleep/) – like kale, hummus, or honey – into your dinner. Steep a cup of chamomile tea after you’ve finished dinner and are winding-down for the evening. Be sure that you’re neither too full nor too hungry before bed. Digestive troubles as well as hunger pains will keep you up.

*Plan ahead*

If you dread the morning because it means rushing to get ready, eat breakfast, and speeding to work, start planning ahead! Choose your work outfit the night before and [meal prep](http://info.totalwellnesshealth.com/blog/how-to-meal-prep-for-your-workweek) your breakfast. Planning ahead will eliminate a lot of the stressors that make morning your least favorite time of the day.

*Create a peaceful sleep environment*

Before you hit the hay, be sure your room supports a good night’s sleep. Light, temperature, and background noise all have an effect on your sleep quality. According to [Sleep.org](https://sleep.org/articles/temperature-for-sleep/), the ideal room temperature should be between 60 and 67 degrees Fahrenheit. Your room should also be dark and quiet. Check out this [article](http://www.alaskasleep.com/blog/tips-creating-ideal-sleep-environment) for more tips on creating the perfect sleep environment.

*Unplug*

Eliminating screen time before bed is one of the best things you can do to ensure quality sleep. Artificial lighting from TVs, phones, or laptops can shift circadian rhythms, which makes it harder to fall asleep. Power down all electronics an hour prior to bedtime.

*Go to bed early*

A bit obvious, but still important! Night owls love to stay up past bedtime – which usually leads to a groggy morning. Be sure your bedtime allows you at least seven to eight hours of sleep per night. If you’re used to staying up a lot later than that, try going to bed 30 minutes earlier each night to ease yourself into an earlier bedtime.

**Waking Up:**

*Don’t hit snooze*

When it seems like that alarm clock sounded off way too early, it’s tempting to hit the snooze button. However, doing so is actually one of the worst ways to start your day. The sleep that you get after hitting snooze isn’t quality rest at all – so you might feel even more tired when the alarm goes off again. If you’re a snoozer, check out this [article](https://sleepjunkies.com/features/how-to-give-up-the-snooze-button/) for some advice on breaking the [bad habit](http://info.totalwellnesshealth.com/blog/9-bad-habits-you-need-to-break-asap-for-a-healthier-life).

*Wake up positive*

This means no moaning and groaning. Change your mindset from “I’m tired” to “Time to seize the day!” The attitude that you choose to have while waking up will set your mood for the rest of the day.

*Eat a nutritious breakfast*

It’s the most important meal of the day for multiple reasons. One reason being the energy breakfast gives you in the morning. Plus, no one wants to arrive to work hangry! Make sure your breakfast includes some whole grains, healthy proteins, and some fruit or veggies.

*Get a workout in*

If you’re not a morning person, a morning workout probably sounds like the worst idea ever. However, once a morning workout becomes routine, you’ll love how it makes you feel. Exercising first thing in the morning means you won’t be able to put the gym off for the rest of the day. Plus, the extra dose of energy your morning workout provides will make your day even more productive.

Remember that it takes time for [new habits](http://info.totalwellnesshealth.com/blog/make-employee-wellness-easy-7-ways-to-develop-healthy-habits) and routines to stick. Start slow and incorporate some of these tips and tricks to become a morning warrior.