Are you a morning person or are you still trying to become one? Maybe you would like to be able to get up early and get a chance to take advantage of the daylight hours, but you don’t know how to train yourself to wake up with the sun. However, once you get used to being an early riser, chances are you will love it and feel healthier and happier. If you are struggling with changing your sleep schedule, here are a few tricks for turning into a morning person.

The easiest way to make yourself get out of the bed as soon as your alarm clock goes off is moving it off your nightstand. If you have to get out of the bed to turn it off, you’ll be less likely to go to sleep again. Also, beware that the snooze button is not helping you at all. Pressing it once may not seem to be a problem, but it will make it even harder for you to wake up, so try avoiding it altogether.

By drawing blackout shades, you are actually tricking your body into believeing it’s still nighttime and disrupting your natural sleep cycle.Our brains are very sensitive to light, which means that you won’t be able to sleep well after a certain time in the morning. So, let the sunshine in and let it tell your body when is the right time to get up.

A pleasant morning ritual will give you something to look foward to after a full night’s sleep and that is the best way to transform yourself into an early riser. When you have a habit of getting up late, you have to rush to get to work or school on time, and then there is nothing to love about mornings. On the other hand, if you get up a bit earlier, you will have enough time to enjoy a cup of coffee or tea or have a healthy breakfast and that will make your mornings enjoyable.

After a whole night’s sleep, your body needs hydration. Starting your day with a tall glass of water will hydrate you, give you just the right amount of energy you need in the morning and help you wake up easier.

When you develop a habit of getting up early, do not break the streak. You can hit the snooze button once or twice on the weekend, but sleeping in for too long will make it much harder for you to get back into the habit of waking up early on workdays.