

There are many expressions about the success that early risers enjoy. We've all heard the saying, "The early bird gets the worm." In fact, this saying first appeared in 1605, in a book of proverbs by William Camden. You've probably also heard, "Early to bed and early to rise makes a man healthy, wealthy, and wise."

BUT--- Is there any scientific evidence to support being an Early Bird?

Humans, as well as many other organisms, are wired with a circadian clock. Flowers know when to open and close, birds know when to roost, and as humans, we get our best sleep between 10 pm and 2 am.

There are many other benefits...

- When you get the important things done first, you get to celebrate a small victory before the rest of the house even wakes up.
- Early risers are more likely to follow their morning ritual or routine.
- Getting up early creates compounded interest. Every day starts to pay off because you are reading, growing, and learning.
- You're spending less time in front of a screen, both by going to bed earlier and by completing your morning ritual.

- Focus is easier when it is quiet.
- Flow also becomes easier with your intention in front of you.
- Your morning ritual becomes sacred.

Now, my Night Owls are probably shaking their heads, but hear me out!

Night Owls are statistically...

- 56% less likely to get fitness into their daily schedule.
- Have a higher risk of developing diabetes, high blood pressure, and psychiatric disorders.
- Have an impaired Insulin response.
- Are more likely to be depressed.
- Typically have less sleep, and lower quality sleep due to a disrupted circadian rhythm.
- Even with the same amount of sleep, the health risks are greater for Night Owls
- More likely to snack, smoke, drink, and die younger.

Whether you get up early to eat a frog, have dessert, or put the big rock in the jar first, early risers have the advantage over late risers. When our routines are done and our food is prepped (or at least planned!), we are happier and more energetic. We also start to make gains

in achieving our goals because of the consistency of having a morning routine in place. We start to bridge the gap between where we are now, and where we want to be.

So how do you become an early riser?

- Go to bed earlier, but titrate it - don't go to bed at 10 PM if you're used to going to bed at midnight. Try to go to bed half an hour earlier, and so on.
- Create a sleepy time/ evening ritual so your body knows when it is time to start winding down.
- Create your sacred space for the morning. Prep your coffee, set out your workout clothes, clean your desk - whatever supports your morning ritual.
- Set a gentle alarm for the morning. (You want to wake up, not be terrified! :-))
- Sleep and meditate in a dark, cool room.

Success in your morning creates Momentum! I dare you to try it out for a week and see how you feel. Reply to this email and let me know, okay?