

## **STRATEGIES FOR GETTING OUT OF BED**

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### **ALARMS/TIMERS**

- **Put alarm clock across the room; vary the location**
- **Practice physically getting up in response to the alarm going off**
- **Use multiple alarm clocks**
- **Use vibrating alarm clock**
- **Use cell phone alarm: use different ring tones and volumes**
- **Use appliance timer to turn ON:**
  - Lamp**
  - Radio**
  - Cassette player**
  - TV**
  - Coffee maker**
  - Microwave**
- **Use appliance timer to turn OFF:**
  - White noise machine**

### **ENLIST FRIENDS/RELATIVES TO**

- **Call you on telephone**
- **Visit you in the morning for breakfast (or come live with you?)**
- **Meet you for coffee or breakfast or exercise or errands**

### **ENVIRONMENT**

- **Raise/open blinds when you go to bed to allow morning light**
- **Get a rooster?**

### **ON WAKING UP**

- **Place encouraging/coping thoughts card on bedside table; read immediately**
- **Practice mindfulness and note thoughts, emotions**
- **Place pros and cons list of getting out of bed on bedside table; read IMMEDIATELY**
- **Listen to tape you made reminding yourself of reasons to get up**
- **Place water on bedside table; splash on face or drink**
- **Place something with strong smell on table; inhale (e.g., cinnamon)**
- **Throw off the covers IMMEDIATELY**
- **Put feet on the floor IMMEDIATELY**
- **Get up and take a shower**
- **Get the newspaper IMMEDIATELY**

### **HAVE A REASON TO GET UP**

- **Set appointment or make plan for doing something in morning (e.g., go to work, go to volunteer job, go to exercise)**
- **Get a pet**