

Handout 3: STRATEGIES FOR GETTING OUT OF BED

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 ringtones 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**