Take the hectic out of mornings

Do you find your mornings feel rushed and stressful? There are some things you can do to make them better. A few simple steps can help your mornings go more smoothly.

Get up at the same time each day.

Having a regular wake-up time sets your body's internal clock. This helps you fall asleep on time and get up feeling refreshed. Even if you don't have to be up that early on the weekends, it's good to set your alarm and get up anyway. This will keep your sleep routine consistent.

Stretch your muscles.

Stretches are relaxing and can be energizing. Stretching for just 15 minutes a day can improve your sleep by up to 30 percent.

Eat right in the morning.

A healthy breakfast gives you more energy. It may also help you set the tone for healthy habits throughout your day. Up to 500 milligrams of caffeine (about four cups of coffee) is okay for most people, but don't exceed this amount. Too much caffeine makes it hard to fall asleep at bedtime, setting you up for a sleepy morning.

Move your body.

Just 30 minutes of exercise can help boost your energy and improve your sleep. This sets you up for a more restful night and a better morning. People who exercise in the morning may have less trouble falling asleep.

Sources: National Sleep Foundation; Produce for Better Health Foundation