

How to Get Motivated in the Morning (According to Experts)



By [The Editors](#)

Updated on March 27, 2023

Do you find it hard to feel motivated in the morning? Don't worry; you're not alone.

Many people struggle to start their day right and be energized or inspired. Fortunately, there are strategies to help jumpstart your day and get yourself moving, no matter how you feel.

According to experts, here are ways to get motivated in the morning.

Dr. David Spiegel



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Change your sleep habits; get at least seven hours of relatively uninterrupted sleep

The first thing to think about is that the lack of motivation could be due to *poor* sleep. Many of us simply do *not* get enough sleep. We could be:

- going to bed too late
- having light in the bedroom at night
- or problems such as sleep apnea

There are remedies for each of these problems. If you are not getting at least seven hours of relatively uninterrupted sleep at night, try to *change* your sleep habits.

Related: [14 Proven Tips to Fall Asleep Faster and Sleep Better](#)

If your partner notices that you snore a great deal, have a sleep laboratory evaluation for possible sleep apnea (episodes of breathlessness that partially awakens you due to excessive relaxation of your soft palate blocking your inhalation of air during deep sleep).

Anxiety is certainly a possibility. If your first thoughts of the day are primarily about problems that seem *insurmountable* or *self-deprecating* thoughts, you may be suffering from some level of anxiety or depression. There are suitable treatments available—both various psychotherapies and medications.

Lack of focus can leave you feeling assailed by more problems than you can handle, leading to despair rather than productivity.

Techniques such as *self-hypnosis* are available on a downloadable app I developed to help you find your focus.

The technique involves learning to *dissociate* your physical arousal from mental tension and then narrow your attention to one problem at a time, helping you to picture one or more solutions and then carry them out.

Finding your *focus* is a great tension-buster and can energize the start of your day.

Balance your emotional and cognitive brain components

As a psychiatrist, I can assure you that *good* mental health means *mastering* the interaction between our emotional and cognitive brain components.

Emotions emerge from deep in the limbic system and include:

- excitement,
- attraction,
- fear,
- and anger.

They can motivate or interfere with the higher-level cognitive portions of the brain, primarily the prefrontal cortex.

Emotion can overwhelm thinking, and thinking can control emotion. We do best when we *balance* the interaction of the two—we

feel drawn to a task as an opportunity to accomplish something and then apply cognitive skills to plan how to do it.

Related: [What Is an Emotion and How to Best Handle It?](#)

Motivation is enhanced by focusing on what you are for, *not* what you are against. This leads to a plan with the promise of *accomplishment* rather than focusing on a [fear of failure](#).

Use your waking moments as an opportunity to reflect and plan

When you can *formulate* the steps that could lead to accomplishing something worthwhile, you will feel *better* prepared for a productive and happy day.