



59%  
of Americans  
would trade 15  
minutes of sleep  
for breakfast.

## Rise and Shine... Simplified!

Do you feel like you've run a marathon by 9 A.M.? Here's how to make mornings less hectic.

BY JANENE MASCARELLA

### Getting-dressed drama

"Set aside all outfits for the week on Sunday night," says Tara Donohue Rudo, a professional organizer (nomorepiles.com). Use a sectional hanging system in your child's closet to keep each day separate and ready to go (try the Bamboo Sweater Bag; \$25, containerstore.com).

### "Oh, no, I forgot..."

You can't avoid it, but you can minimize its impact, says Rudo. Hang a calendar of gym-class days, trips, and practices near the exit door. The Family Life Monthly Weekly calendar assigns everyone their own column for activities (\$15; orangecirclestudio.com).

### Up early—but still rushing!

Face it, you're probably not at your best in the morning. Groggy kids, no caffeine, you get the idea. "We can't rely solely on our brains," says Rudo. Let technology help. Use a "to-do list" app like Checklists (\$1; itunes.com) to remind you what to do.

**You told us on Facebook what works for you!**

"I set a timer every morning to keep us all on track."  
—Nicole Blaine

"Keep the TV off! We don't have too much trouble unless someone turns on morning cartoons. Then we're done for."  
—Virginia Murphy

"We dress our daughter when she's half asleep. That way, we can get ready while she has a few more minutes to wake up."  
—Amy Randolph Farrar