

7 Things Doctors Do Every Day Before Breakfast for More Energy

If you have trouble rolling out of bed in the morning, you're in good company — it takes most Americans two alarms and a total of 24 minutes to get out from under the covers, according to a 2022 survey commissioned by mattress review company [MattressNerd](#). The number one feeling reported in the morning? Groggy.

But if anyone struggles to get up, it should be doctors, who often are awake before dawn and don't sink into their sheets until late at night. So how do they get the energy to keep going, going, going? Here are seven tips that physicians swear by to keep them feeling like the Energizer Bunny all day long.

3. Walk With a Loved One

Dentist [Alex Rubinov, DDS](#), makes it a priority three to four times a week to get outside for some outdoor time on a walk with his son. "I find the fresh air revitalizing and energizing," he says. Research backs him up: a 2022 study published in the journal [Ambio](#) found that the smells of nature evoke feelings of rejuvenation.