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16 Early Risers Share Their Morning Secrets

These tips might inspire you to get a move on the day just a smidge earlier tomorrow a.m.

What early risers accomplish before most of us have had a [cup of coffee](#) is nothing short of inspirational. The pre-business hours of no email, a quiet house, and a full night's sleep under your belt without any stresses or draining meetings of the day to wear you down are ideal for strategizing, organizing, and accomplishing.

So we tapped more than a dozen successful women (and two men) whose professional prowess spans a range of industries. Here, their routines and tips, all completed by the ripe hour of 7 am.

Eat Protein

For plastic surgeon [Dr. Melissa Doft](#), breakfast is vital, because during operating days, she can be in the OR as early as 7:30 am. "I start with a large breakfast of fruit and eggs. I am not always able to stop for lunch so it is critical to have a healthy breakfast."