

## 10 Expert Tips for Working From Home

Whether your remote work is permanent or temporary, you can boost your productivity and practice self-care by taking advantage of these strategies, courtesy of the pros.

### 1 Maintain a Consistent Sleep Schedule

Resist staying up past your bedtime for a Netflix binge or hitting snooze on your morning alarm. Not sticking to regular [sleep](#) and wake times will only zap your energy.

### 2 Put on Some Pants (Yoga Pants Count)

Also shower, comb your hair, and maybe even put shoes on. You'll signal to your brain that you're preparing for work, not for weekend lounging or sick-day resting.

### 3 Create a Home-to-Work 'Commute'

Lucky you! Your commute just got a lot simpler. Try sipping your morning [java](#) outdoors, cracking open a book, or stretching out with some [yoga](#) to transition from home to work mode.

### 4 Carve Out a Designated Workspace

Your "office" is your laptop, but it can be helpful to have a space that you assign as your work area, even if that means a corner of the kitchen table. Also, sit in a real chair, not on the couch (your neck and back will be happy you did).

### 5 Build Breaks Into Your Schedule

Don't chain yourself to your desk. Set stand-up-and-stretch reminders on your phone or [go for a walk outdoors](#) at regular times. Your brain, just like your bod, needs a break to perform at its best.

### 6 Eat and Hydrate Mindfully

Don't treat your pantry like an all-you-can-eat buffet. Instead, plan your meals and snacks as if you were heading into the office. Your health (and waistline) will thank you. Also: Don't forget to [hydrate](#)!

### 7 Set a Time to Work Out

Start your day off right or snap out of a midday funk by working up a sweat. Even going for a brisk 15-minute walk can do wonders for your energy and focus.

### 8 Join an (Online) Exercise Class

Need more guidance? There's no shortage of [workout classes, live and prerecorded, online](#). You can also explore subscription services that can help you tone up and trim down from your living room!

### 9 If Your Kids Are Home, Get Them Involved

Self-care is a family affair. If you have little ones at home, recruit them to help set your family's daily schedule. When is lunchtime? When and how many breaks should you take?

### 10 Set and Stick to Your Clock-Out Time

Regularly staying online [beyond your determined workday](#) can lead to burnout (aka a crankier, less-productive you in the long run). That email or Slack message can wait. Now it's time for some "you" time.

