

How did your day start today? Did you wake up in a panic that you had forgotten to defrost the turkey, only to remember that you cooked and served it yesterday and turned back over with a sigh of relief? Did you wake up worrying about something and lie for ages before falling asleep again a few minutes before your alarm went off loudly in your ear? Or did someone wake you with a nice cup of tea and a kiss? Did you feel that gradual realisation that you had the day off today, and could choose to lie a bit longer if you wanted?

I always think how the day begins sets up the rest of the day. Like a game of golf - if you hit your first shot well the rest of the round is a cinch. Muck it up and you may as well concede there and then.

Someone I know used to tell me she woke up with John Humphries but always showered with Terry Wogan. I used to shower with him too, but since the shower radio died have had to make do with my own company. Now everyone else in the house has to hear my shower karaoke which may not be the best start to their day.

My radio switches itself on an hour before I get up, and I lie and doze to the sound of nice voices telling me the latest in farming, the weather and the news. Depending on how awake I am, the information seeps in leaving me later in the day knowing some fact but not entirely sure when or how it got there. That's what happened when John Lennon died; and Princess Diana. I don't remember actually hearing about either of their deaths, but I seemed to wake up knowing.

And then once you get up, what happens? Is your kitchen all neat and tidy from the night before, or did you go to bed abandoning the dishes and pans? It's never a good start to the day when you have to fight your way to the kettle and even worse when the coffee has run out.

Whenever I stay in a bed & breakfast, I always eat the porridge, the fry-up and all the toast and marmalade. At home, I barely manage some toast on my way to the bus stop. It is so much more civilised to get showered and dressed slowly and to eat breakfast without being in a hurry. Of course it helps when your day is dictated by your own desires rather than the needs of your boss. Not to say when someone else is doing the cooking and the cleaning.

It's well documented that bad news sells better than the good stuff, and there certainly is more of the crisis and death on my morning radio than of the funny bits. I am starting to wonder if I should switch away from the talking and start the day with some music instead.

I did used to listen to Radio 1, but either they have changed or I have. There is a fine line between wacky and irritating, and for me the line is closer earlier in the day.

Whatever I decide, I am definitely going to change from my current listening. I know bad things are happening and I know I need to know about it, but would prefer to get my day off to a reasonable start before I am subjected to credit crunch woes, the latest deaths and disaster and a list of road closures, ferry cancellations and schools shut. These gentle morning voices disguise the misery they are describing.

Maybe I could buy one of those 'change your life' CDs and let some positive thinking seep into my brain for a change. Or a new age alarm that mimics the sunrise and allows you to wake up naturally. I'm sure I could order one with appropriately tweety birds singing Disney songs.