



American Expression E2289 Get out of bed on the wrong side

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"Get out of bed on the wrong side" is an idiomatic expression used to describe someone who is in a bad mood or feeling irritable from the moment they wake up. This phrase suggests that a person's day started poorly, leading to a generally grumpy or negative demeanor throughout the day. The origin of the expression is thought to be rooted in superstitions and cultural beliefs about the significance of certain actions taken first thing in the morning.

Historically, many cultures have placed importance on the right side as being more favorable or auspicious. In this context, getting out of bed on the left side was considered bad luck or indicative of a day that would be filled with misfortune. This superstition has evolved into the modern phrase we use today, which metaphorically suggests that starting the day on the "wrong side" leads to a bad mood.

When someone is said to have "gotten out of bed on the wrong side," it implies that they are experiencing a day where everything seems to go wrong or they are unusually irritable and difficult to please. This mood can affect their interactions with others, leading to misunderstandings and conflicts. It is a way of explaining why someone might be unusually short-tempered or sullen without an obvious reason.

The phrase is often used in a lighthearted or humorous way to explain someone's grumpy behavior. For example, if a colleague is unusually curt or a friend is in a bad mood, someone might say, "Looks like you got out of bed on the wrong side today!" This can serve to acknowledge the person's mood while also adding a touch of humor to diffuse tension.

Understanding the factors that contribute to waking up in a bad mood can help address the underlying issues. Poor sleep quality, stress, anxiety, or external disturbances can all contribute to waking up feeling out of sorts. Recognizing these factors and working to improve them can lead to better mornings and, subsequently, better days. Establishing a calming bedtime routine, ensuring a comfortable sleep environment, and managing stress effectively can all help improve morning mood.

The phrase also underscores the importance of starting the day on a positive note. Morning routines that include activities like exercise, mindfulness, or a healthy breakfast can set a positive tone for the rest of the day. By intentionally creating a good start, one can often counteract the tendency to wake up on the wrong side of the bed.

In conclusion, "get out of bed on the wrong side" is a colorful idiom that captures the experience of starting the day in a bad mood. It reflects historical superstitions about luck and sides but is now used to describe general grumpiness or irritability. Recognizing and addressing the causes of a bad morning can lead to more positive days, improving overall mood and interactions. The phrase serves as a reminder of the impact that the start of the day can have on one's overall disposition and the importance of fostering a positive morning routine.

Questions for Discussion

1. What are some common factors that might cause someone to "get out of bed on the wrong side"?
2. How can establishing a positive morning routine help prevent waking up in a bad mood?
3. In what ways can understanding this phrase help in diffusing tension in personal or professional relationships?
4. What strategies can be employed to improve sleep quality and reduce morning irritability?
5. How does the concept of starting the day on a positive note influence overall daily productivity and mood?