

CELEBRITY > CELEBRITY RELATIONSHIPS

## Jeff Bezos Follows This One Rule for the Mornings, According to Fiancée Lauren Sánchez (Exclusive)

Sánchez, an author and philanthropist, opens up to PEOPLE about her new book, her home life and her relationship with the Amazon founder

By [Gillian Telling](#) Published on September 5, 2024 09:19AM EDT



From left: Lauren Sánchez and Jeff Bezos attend the 2024 Bezos Courage and Civility Awards on March 14, 2024. PHOTO: KEVIN MAZUR/GETTY

You don't become one of the richest men in the world — or get as much quality time with your family and fiancée — by doom-scrolling the moment you wake up.

That's according to [Lauren Sánchez](#), who says Amazon founder [Jeff Bezos](#) waits until he's at *least* had some coffee and quiet time with his life partner before diving into the day.

"My favorite part of the day is the morning," Sanchez, 54, tells PEOPLE.

"I love waking up. I make myself a cup of coffee. I make Jeff a cup of coffee, and we kind of have this magic moment where it's just us talking," says the mom of three. "The kids haven't woken up yet. And we don't get on our phones. That's one of the rules."

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Sanchez adds that if it were up to her, she'd probably reach for her device and start flipping through it.

"He definitely made that rule," she says with a laugh. "It wasn't me. But the mornings are just us for as long as we can."

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Jeff Bezos and Lauren Sanchez in Croatia in August 2024. PHOTO: IMAGO/TONCI PLAZIBAT / AVALON

She says she then gets the kids out the door and on their way to school, noting that she misses being able to drive them now that they have their own cars. (She shares two teenagers, Evan and Ella, with ex-husband, Patrick Whitesell, a top Hollywood agent; and is mom to Nikko Gonzales, 23, with retired football player Tony Gonzales.)

"I used to drive them and it was literally the best part of my day," Sánchez says. "I loved taking them to school. I don't know if *they* loved it. They were probably way more excited about getting their driver's licenses than I was. But they used to open up to me in the car. It was magic. If you can still drive them to parties when they're older, definitely do it!"

Sánchez says after the rush of the morning is done, she and her fiancé get to work: "After the kids leave, it's just me and Jeff and the dogs."

**RELATED:** [Lauren Sánchez Knows She's 'Lucky' to 'Be Part of' Billion-Dollar Charity That's 'Genuinely Making a Difference' \(Exclusive\)](#)

The Emmy-winning former news anchor is currently busy promoting her first children's book, [\*The Fly Who Flew to Space\*](#), which is [out on Tuesday, Sept. 10](#).

She's also a [helicopter pilot](#) who started the Black Ops aviation filming company and sits on the board of the Bezos Earth Fund, as well as works with other philanthropic endeavors.



Lauren Sanchez and her first children's book *The Fly Who Flew to Space*. PHOTO: NICOLAS GERARDIN

Bezos of course, founded Amazon and owns *The Washington Post* and the aerospace company Blue Origin.

"We're the yin and the yang," Sánchez says of their cohesive partnership. (The couple went public with their relationship in January 2019 and got engaged in 2023.)

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"Sitting quietly in the afternoons is not my best quality," she says.

"Jeff can sit and focus on something for hours, and I'm like, 'What are we going to do? Where are we going to go?' But we're a good couple in that way."