



CIRCADIAN TOOLKIT



YOUR CIRCADIAN RHYTHM

WHAT IS IT & WHY DOES IT MATTER?

Over millions of years of evolution our biology has evolved with signals from our environment. These environmental cues signal to our body/brain to perform certain functions at certain times of the day.

This time schedule, *which every cell in our body operates on*, is called our **circadian rhythm**.

Our circadian rhythm is responsible for keeping our internal environment running on a schedule. It's our internal time clock.

The main signal or time keeper for signaling our internal environment (hormones, mitochondria, cells, brain, etc.) is *(sun)light*.

Light that we take in through our eyes and skin signals to our biology as to what time of day it is, which dictates specific functions. When in alignment, our hormones and mitochondria are performing optimally. Meaning, we have abundant energy throughout the day and regenerative sleep/rest during the night.

This toolkit will give you the principles & practices you need to set your internal physiology up for health using the power of nature & aligning your ~circadian rhythm~



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PRINCIPLE #1: BRIGHTER DAYS



TOOL #1

MORNING SUN

Why?

Getting outside and viewing the morning sun sets our circadian rhythm. This has a profound impact on the health of our mitochondria as well as the regulation of all of our hormones.

How?

Starting place: I suggest starting with getting outside (as soon as you can after waking up) for 5-10+min.

Next Step: ☀️ *Sip of Sunrise* | *Gulp of UVA Rise* 🥛

Sip of sunrise

Wake up with the sun and get outside for 2min (or more)

Gulp of UVA Rise

Get outside ~1hr after sunrise for UVA Rise light. Aim for 10min+

- *Stacking it:*

- Go for walk
- Drink your morning coffee outside
- Answer emails



TOOL #2

SUN BREAKS

Why?

Sun breaks are just like smoke breaks but without the smoking. Taking short breaks of 5-10min (or more) once every couple of hours helps to further align our CR (plus you can stack it with some movement, like a walk, for added benefits).

How?

Schedule it:

Start by scheduling it (*actually put it into your daily schedule*). You can set a timer on your phone for every ~1.5-3hrs or add it into your calendar. Whatever you do just make sure it fits within your schedule & what you have to get done for that day.

Actually doing it:

When the timer goes off get outside for a short break.

Stack it with:

- Going for a walk
- Drinking your coffee
- Answering emails
- Eating lunch



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PRINCIPLE #2: DARKER NIGHTS



TOOL #1

REDUCE INDOOR LIGHT AFTER SUNSET

Why?

Our indoor (LED) lights are blue light. This blue light mimics solar noon telling the mind and body that it is still daytime. This means the inputs your body is picking up on isn't aligned for quality sleep. The repair & rejuvenation process of sleep is then inhibited. Overtime this can lead to difficulty losing weight, lack of energy, increased stress, etc. However, there are ways in which we can align our indoor environment at night.

How?

Reduce/Eliminate it:

After sunset start to dim all lights & turn off unnecessary lights.

Switch lighting sources:

Switch light bulbs to less intense forms of light:

Red light or incandescent bulbs



TOOL #2

BLOCK BRIGHT LIGHT

Why?

Red-light glasses & red-light filters help to block brighter sources of light from screens (and other indoor light). This will further help to align your circadian rhythm and optimize your sleep quality (leading to improved energy, easier weight loss, increased capacity to handle stress life throws at you, etc.)

How?

Red-Light Glasses:

You can purchase a pair of red-light glasses & put them on after sunset (or after 9pm for sure).

Here are my two favorite red-light glasses:

[Midwest](#) & [Bon Charge](#)

Red-light filters for screens:

Set up a red-light filter for your screens/devices:

[Phones/iPads](#) & [Laptop](#)

Once set up, turn on filter after sunset.



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PRINCIPLE #3: HOLISTIC ALIGNMENT



TOOL #1

10-3-2-1 METHOD

Why?

While light is the main circadian “timekeeper”, there are other signals the body picks up on in order to know where it is in time and space. They are: *food intake, temperature, movement, & cognitive state*. This simple method helps you keep these secondary “timekeepers” aligned.

How?

10hrs prior to bed: Stop caffeine intake (coffee & energy drinks)

3hrs prior to bed: Have your last meal (give your body time to digest)

2hrs prior to bed: Reduce/eliminate indoor lights (darker night tools)

1hr prior to bed: Stop any cognitively demanding work



TOOL #2

GROUNDING/EARTHING

Why?

There are plenty reasons why getting your bare feet on the earth (known as *grounding* or *earthing*) is beneficial for your health. The reason I will touch on it here as it relates to our circadian rhythm is because grounding has been shown to have the potential to improve melatonin regulation (the “sleep hormone”), reduce cortisol levels (“stress hormone”), and improve overall sleep quality.

How?

So, how does one do it? Quite simply by connecting your bare skin with the earth.

The most popular way is by taking the shoes off and putting your feet on the earth (grass, soil, or sand are best places to start).

Other ways: hugging (or holding onto) a tree, swimming in a natural body of water (ocean, river, lake)

From here you can stack it with other tools we have touched on:

- Morning sun & coffee
- Morning sun & light movement
- Sunset & breathwork

As with everything in here, be creative and find what works for you