

12 POWERFUL STEPS TO HELP SUPPORT THE CIRCADIAN RHYTHM OF YOUR HORMONAL MILIEU



1



On waking, open a window or go outside - expose your eyes to natural light for at least 2-10 minutes (ideally go for a 20 minute walk).

2



Eat within 30-60 minutes of exposure to sunlight. Eat a protein rich, low carb breakfast (around 30-40g protein and not more than 20g carbohydrate).

3



Go outside often throughout the day, even a few minutes makes a big difference.

4



Wear daytime blue blockers indoors. Get a discount on Block Blue Light [here](#).

5



Eat before sunset.

6



Watch as many sunrises and sunsets as possible.

7



Ensure your house is dimly lit after sunset. Ideally switch to blue light blocking bulbs. Get a discount on blue light blocking bulbs [here](#).

8



Wear nighttime blue light blockers 3 hours before bed. Get a discount on night time blockers [here](#).

9



Go to bed and wake up at consistent times.

10



Avoid alcohol and food within several hours of bedtime.

11



Try and eat outside or near an open door or window (never in eat in front of a screen).

12



Try to walk barefoot outside or on the patio as much as possible.