

A serene sunset scene with a warm orange and yellow sky, silhouettes of birds in flight, and tall grass in the foreground. The sun is low on the horizon, creating a soft glow.

# Reset Your Circadian Rhythm

Effective strategies for Improved Sleep and Energy

# RESET YOUR CIRCADIAN RHYTHM & IMPROVE YOUR SLEEP

Increase your energy, reduce brain fog, and improve your mood with these simple strategies



Get early morning sunlight. Melanopsin, receptors in your eyes get the signal that the day has begun from the frequency of light that natural early morning sunlight gives off. Your body then releases the hormones needed to give us energy and later in the evening this shifts to hormones that help us sleep. Aim for 10 minutes before any screens.



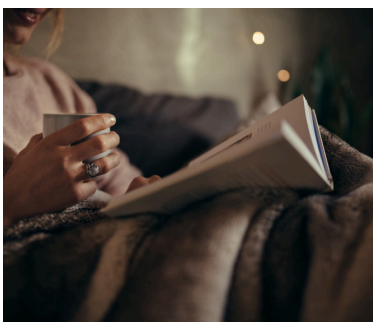
Consider taking a magnesium glycinate supplement one hour before bed. This stimulates the parasympathetic nervous systems and helps our body prepare for sleep. 350-500mg has been shown to be an effective dose. Speak to your health care provider about options.



Avoid electronics or use blue light blockers in the afternoon. The blue light from a screen (phone, computer, TV) gives off a frequency of light that confuses the body and keeps the mind and body awake. If you need to be on screens late at night, consider getting a pair of blue light blocking glasses.



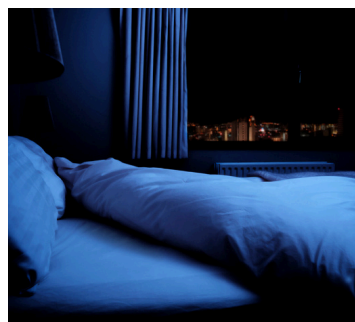
Avoid eating within three hours of bed. Eating causes the body to release the hormones needed for digestion and slows the hormones needed for deep sleep and repair. Instead of snacking, drink caffeine free tea or water. Chamomile Tea and caffeine free Green Tea have compounds that signal to the brain that it is time to sleep.



Create a consistent night time routine. When possible, go to bed at the same time every night and preform the same ritual each night before bed. Consider a deep breathing or meditation ritual before bed. Light stretching and yoga are great ways to wind down as well.



Calm your mind with daily rituals and journaling. Before bed write down a checklist of things you do not want to forget to do the next day, so you don't go to bed thinking about this. Also right down a few gratitude statements to calm the mind (this can be SO helpful)!



Keep your room completely dark (including small lights from electronics, street lights, and night lights). Use room darkening shades and remove electronics from your room. Yes, that means keep your phone outside of your bedroom.



Reduce the temperature in your room at night. Our body temperature naturally drops at night to allow healing and repair to occur. Assist this process by turning down the heat, opening a window or taking a hot shower or bath before bed.