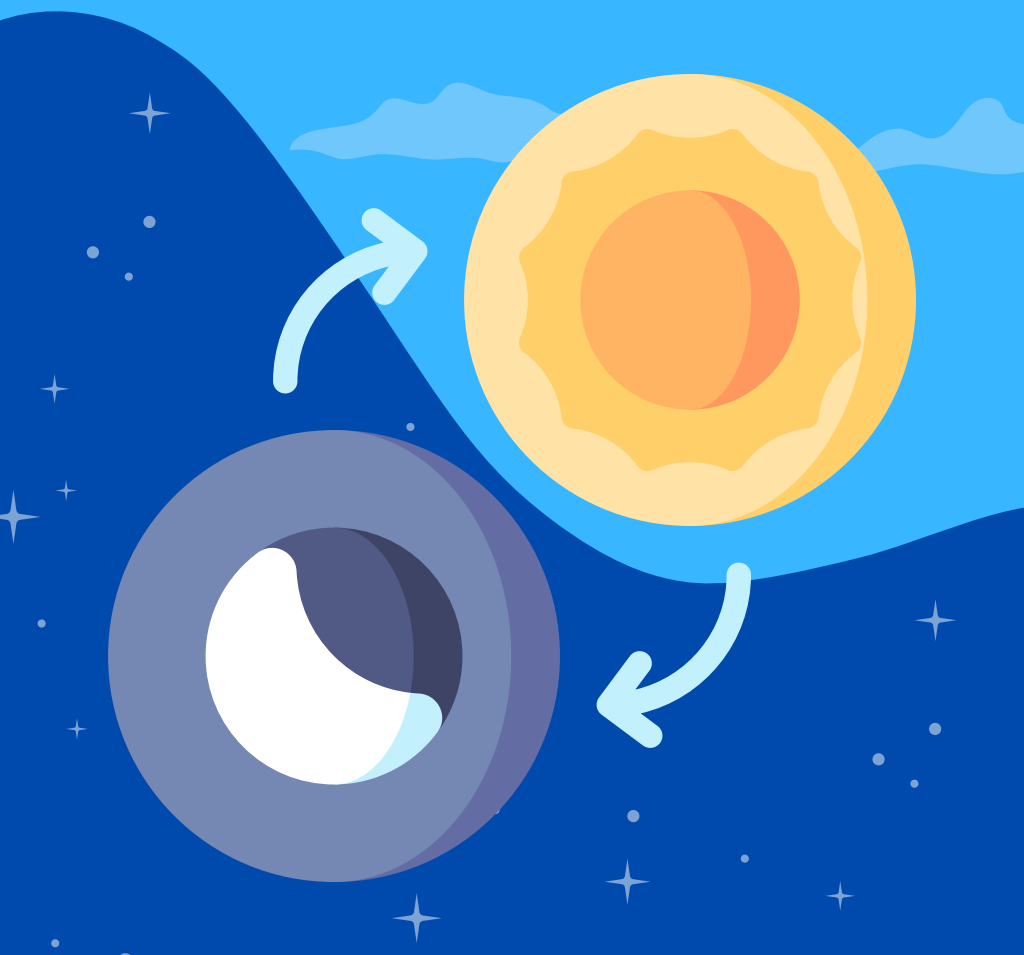


THE CIRCADIAN BLUEPRINT

DISCOVER 20 STRATEGIES TO
UNLOCK LIMITLESS ENERGY



You can
click these.

Table of Contents

Some links in this PDF are affiliate links

The Foundation

Keep a consistent wake time	6
Avoid social jet lag	9
Simulate natural temperature variations	11

The Morning

Wake up with a sunrise	15
Get in the Sun first thing	18
Buy a SAD lamp	20
Buy light therapy glasses	23
Cold exposure	26
Get some exercise	28
Eat a breakfast	30

The Daytime

Spend time outside	33
Mimic sunlight	36

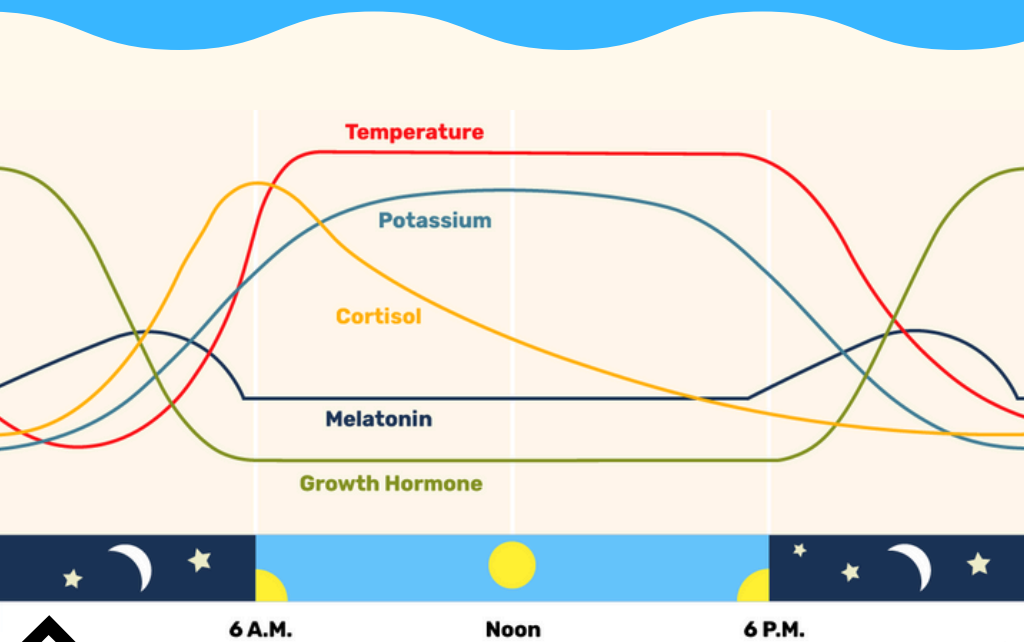
The Evening

Stop eating	39
Limit exercise	41
Develop a nighttime routine	43
Take a warm shower or bath	45
Turn on dim warm lights	47
Use blue blocking glasses	50
Block electronic device light	52
Make your bedroom dark	54
Putting it all together	56

Human beings have adapted over millions of years to the predictable 24-hour rhythm of day and night.

Every process in your body relies on this rhythm to synchronize itself in a grand orchestra called the **circadian rhythm**.

Everything from cortisol, melatonin, growth hormone, body temperature, and more are controlled this way.



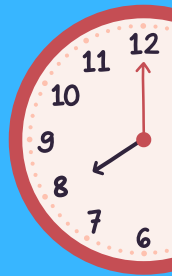
6 A.M.

Noon

6 P.M.

The stronger your rhythm is, and the more “in-tune” you are, the better everything works.

For your body to become synchronized to its environment, you need regular exposure to zeitgebers (zite-gay-bers).



Zeitgeber is a German word that translates to “time giver”.

Things like light, temperature, food, exercise, and even socializing all help to entrain our internal clocks to the 24-hour rhythm of the planet.

In this guide we’ll go over all of the best strategies you should be using, and exactly how you should be using them.



You don't have to do everything in this guide in order to get great sleep and live a healthy life, but the more you do the better your body will function.

If you're having **any trouble** with sleep, or work a night shift, completing as many of these protocols as possible may be in your best interest.

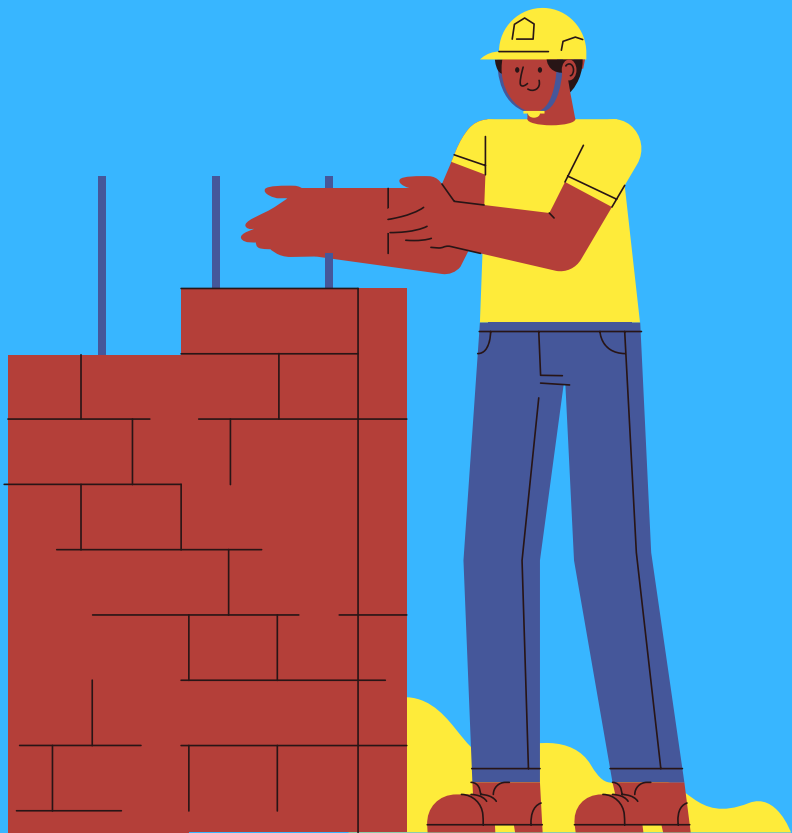
Simply adapt the timing to whatever schedule you have, they work the same way.

Let's GO!



THE FOUNDATION

Let's start with the 3 basics of any
good circadian protocol.



PROTOCOL #1

KEEP A CONSISTENT WAKE TIME

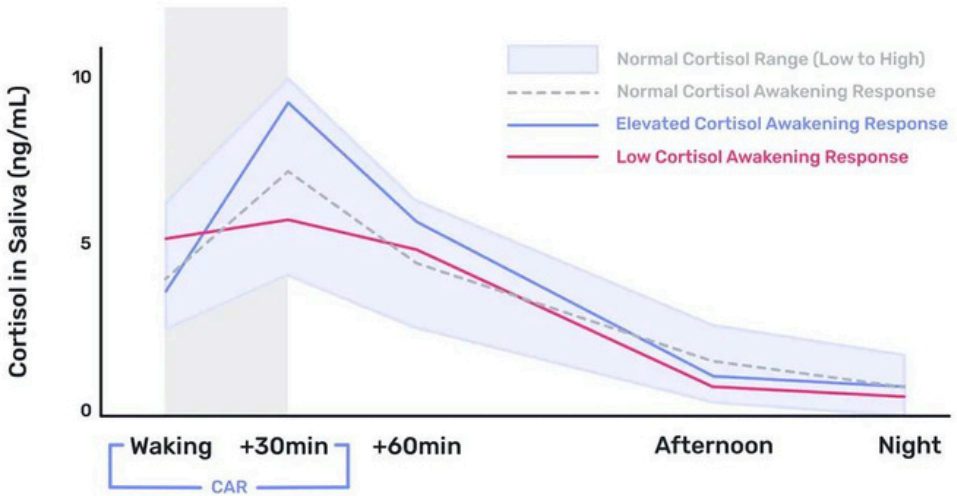
Shortly after we wake up, our bodies produce cortisol, this is called the **Cortisol Awakening Response (CAR)** and is responsible for making you feel... awake!

But it also serves as a sign post for the rest of your body that the **day** has begun.

This means when you sleep in, you're missing a very important piece of the circadian alignment puzzle.

Here's a graphic I made to better illustrate this point:

Cortisol Awakening Response



As you can see, it's possible to have a poor cortisol response upon waking, but there are things that we can and should do to improve that.

We'll get to those later!



#1 ACTION TIPS

- 1. Wake up at the same time every morning! Even if you stayed up late the night before.**
- 2. If you have to consistently wake up earlier on some mornings, this should be your normal wake time.**
- 3. You can of course sleep in from time to time, don't stress over it, neurotic health behavior is never healthy.**
- 4. But try not to... 🤪**

PROTOCOL #2

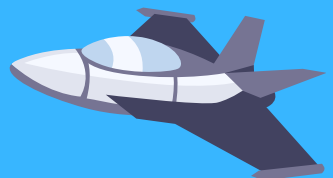
AVOID SOCIAL JET LAG

Odds are that if you have friends that don't take their sleep or health very seriously, they're out late on the weekends.

If you want to align your circadian rhythm, you can't do this.

Now, sometimes it's unavoidable, and sometimes it's worth doing for special events and quality of life.

It just shouldn't be every single weekend.



#2 ACTION TIPS

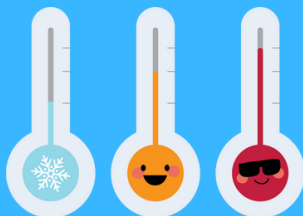
- 1. Staying up later than usual once a month or so is fine, once a week is not.**
- 2. If your friend group is not okay with you ditching early to get a healthy amount of sleep, you may want to rethink your friend circle. Do what you think is best for you and develop a thick skin.**
- 3. You can wear blue blocking glasses when out late at night to help mitigate the melatonin-suppressing and rhythm-shifting effects of bright lights. We'll go over this later.**

PROTOCOL #3

SIMULATE NATURAL TEMPERATURE VARIATIONS

You've probably heard that you should keep your bedroom **cool at night**, and you should, but there's more to it than that...

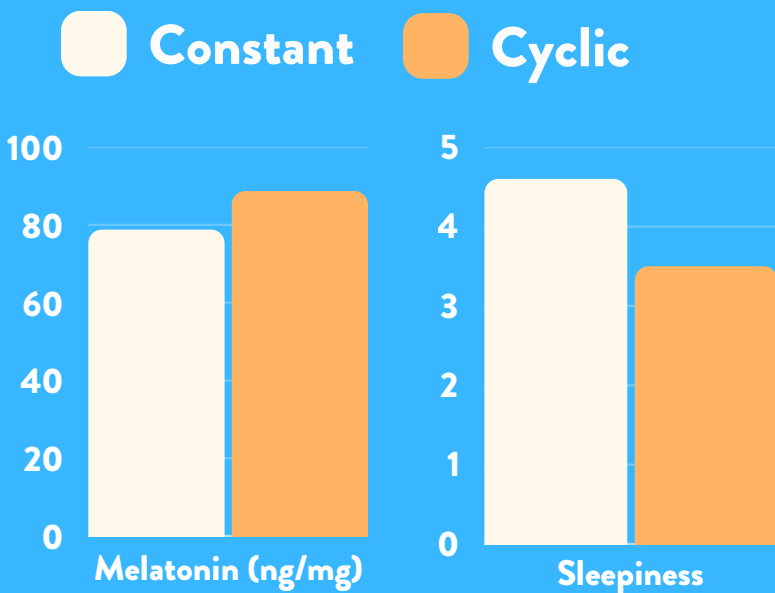
A few studies have shown that a gradual decrease in temperature in the evening, followed by a gradual increase in the morning, leads to an increase in melatonin secretion and an enhanced sense of well-being upon waking.



In one study, the environment was cooled gradually from 27°C or 80.6°F to 24°C or 75°F over the course of 4 hours, preceding sleep.

The temperature was then raised at the same rate back to the original 27°C before waking.

The cyclic group produced more melatonin overall, and sleepiness was much lower upon waking.



#3 ACTION TIPS

- 1. Set your thermostat to cool your home gradually in the evening preceding sleep by around 6 F (4 C) and set it to warm back up before waking.**
- 2. A smart thermostat can make this sort of gradual change a bit easier to attain.**
- 3. If you can't control your thermostat, something like the Bedjet 3 or an Eight Sleep pad might be useful.**

References: [R](#) [R](#)

THE MORNING

There's a LOT you can do in the morning to properly synchronize your circadian rhythm.



PROTOCOL #4

WAKE UP WITH A SUNRISE



Simulating dawn is the best way to wake up because it can help solidify and strengthen the **cortisol awakening response** we discussed earlier.

Sunrise alarm clocks have been shown in several studies to improve cognition, mood, and energy after waking. They've even been shown to be as effective as **SAD lamps**, even though they're much dimmer.

You can explore more of the [scientific content here](#) if you'd like.



How do you use one though, and which one should you get?

Well, we've tested the most popular models, and our favorite is the Lumie Bodyclock Shine 300! It offers the brightest lux output, up to a 90-minute sunrise duration, and 20 brightness settings, making it the most versatile and customizable option we've found. On the other hand, the JALL is our favorite budget option, so consider it if you're short on cash.

Lumie Shine 300



JALL



Video Review

#4 ACTION TIPS

1. Make sure you're giving yourself enough time to wake up without using the audible alarm function. Your lamp should be reaching peak brightness around 8 hours or so after you fall asleep.

2. Start with 30 minutes, but experiment with both the total dawn timing as well as the peak brightness. If it's waking you up too early, dim it.

References: [R](#) [R](#) [R](#) [R](#)

PROTOCOL #5

GET IN THE SUN FIRST THING

Getting exposure to bright light first thing in the morning is by far the most important thing you can do for your circadian rhythm.

And of course, if it's around when you first wake up, Sunlight is clearly the best option for this, since even on an overcast day, the lux levels outside can far exceed normal indoor lighting.



#5 ACTION TIPS

- 1. If the Sun is up, get outside within 30 minutes after you wake up to enhance your morning cortisol spike.**
- 2. Spending about 5-20 minutes outside is all you need to do, but more is always better.**
- 3. Go for a walk, exercise, meditate, read a book, whatever you need to do to enjoy this time, do it!**

PROTOCOL #6

BUY A SAD LAMP

For many of you, however, for much of the year, there is no Sun when you wake up, for this, we have **SAD lamps**.

SAD lamps (which stands for Seasonal Affective Disorder) emit a ton of light meant to mimic the lux levels found in morning sunlight.

These have been shown in countless studies to work very well and should absolutely be in your arsenal if you can't get access to morning Sunlight for part of the year.



The benchmark “10,000 lux” gets thrown around a lot but there’s really no technical basis for this. A lamp simply needs to be sufficiently bright, and almost all of them are.

However, some people seem to thrive off of more light, so if you think that’s you, go with a brighter model.

You can check out our [database](#) to narrow down the one you want, or check out our [best SAD lamps](#) list.

But here are three of my favorites:



[Carex Elite](#)

Use [OPTIMIZE15](#)
for 15% off here



[SOLShine
Photovites](#)

Use [OYB10](#) for 10% off

[Circadian
Optics
Lampu](#)



#6 ACTION TIPS

- 1. Get a SAD lamp and use it for 30+ minutes within 30 minutes of waking.**
- 2. It doesn't matter that you aren't getting exactly 10,000 lux, if it feels good and bright it's working.**
- 3. SAD lamps can even be more effective than morning Sunlight if the Sun is behind dense clouds.**
- 4. You may wish to stick to a lux/square inch rating of around 100 for visual comfort. See our database for more info on this.**

PROTOCOL #7

BUY LIGHT THERAPY GLASSES

An alternative to traditional SAD lamps is “SAD glasses”, which are really more like light visors.

These produce far less total light than you’d find in a normal SAD lamp, but they’ve been shown to be effective and have a couple of advantages that make them worth considering:

1. You don’t have to sit still and look in one direction to use them.
2. They’re always at their effective range.



The two glasses I would look into are the [AYO](#) and the [Luminette 3](#), both options are effective light therapy choices.

The [AYO](#) emits a pure 460nm blue light, while the [Luminette](#) uses a blue-enriched white light.

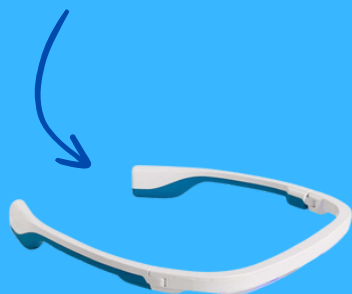
My personal preference is the [AYO](#) as it's a bit more comfortable and much dimmer while still being effective because of its blue light.

Check out our review of them [here](#).



[Luminette 3](#)

[AYO+](#)



Use [OPTIMIZE10](#) for 10% off!



#7 ACTION TIPS

- 1. Just like the lamps, use your glasses for about 30+ minutes within 30 minutes of waking.**
- 2. SAD glasses can be especially useful for those of you on the go or regularly traveling.**
- 3. The AYO+ in particular can be worn while exercising if you like to do that in the morning, they don't come off even if you shake your head violently!
Quite impressive.**

PROTOCOL #8

COLD EXPOSURE

One of the ways you can help synchronize your body is by altering your **body temperature**.

Ironically, momentary cold exposure will actually cause you to heat up.

This is because your body responds to something like a cold shower by ramping up **core thermogenesis**, or heat production inside of your body.

This rise in core body temperature is what helps entrain your circadian rhythm.



#8 ACTION TIPS

- 1. Cold showers are my preferred way to do this.**
- 2. Ease into it by running colder water at the end of your normal shower.**
- 3. A minute or two is all you really need! One bonus is that you will almost certainly feel **AMAZING** after you're done.**

PROTOCOL #9

GET SOME EXERCISE

Speaking of body temperature, let's try warming you up another way...

Exercise can affect your core body temperature and stress modulation which, if altered dramatically enough, can phase shift your circadian rhythm.

There doesn't appear to be a lot of evidence that this is a super potent zeitgeber, but you may find that you sleep more soundly on your more physically active days.



#9 ACTION TIPS

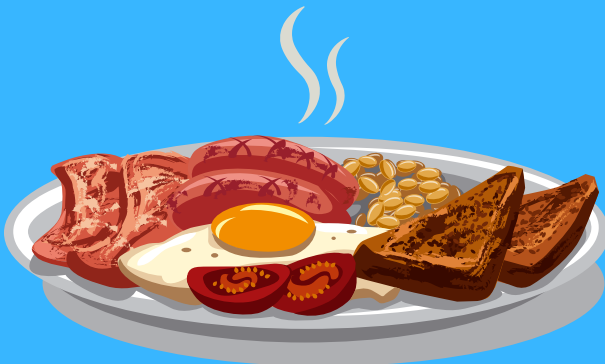
- 1. Perform some aerobic exercise (running, calisthenics, etc.) within 2 hours of waking.**
- 2. Try to get outside for your early morning exercise.**
- 3. Feel free to skip this if you want, or move it to later in the day.**
- 4. If you have any phase delay disorders, however, consider implementing early morning exercise.**

PROTOCOL #10

EAT A BREAKFAST

You should try to eat a nice protein rich breakfast in the morning, as this will help to increase your core body temperature and wake you up.

It's also worth noting that digestive hormones like ghrelin, leptin, glucose, and insulin are all rhythmic and will align themselves to meal timing.



#10 ACTION TIPS

- 1. Try eating a high-protein breakfast within two hours of waking up to help align your digestive rhythm to the morning.**
- 2. Our breakfast regularly includes pasture-raised eggs and sausage, potatoes, liver, and orange juice.**

References: [R](#) [R](#)



THE DAYTIME

Daytime is all about bright light, stress, learning, and movement.



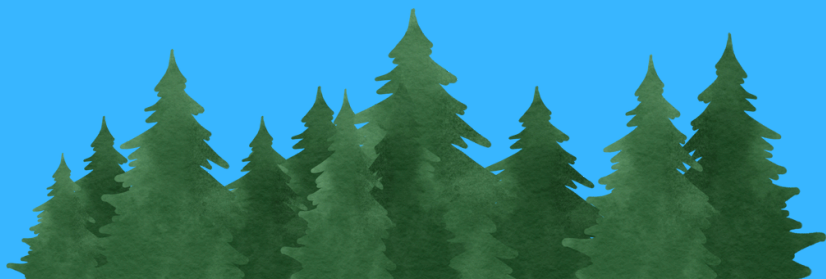
PROTOCOL #11

SPEND SOME TIME OUTSIDE

Suffice to say, but you're supposed to be exposed to tons of **very bright light** throughout the day.

Several studies have shown that when you spend more of your day under bright light, you produce **more melatonin** at night.

This has also been shown to decrease the usual melatonin suppression you'd get from bright lights in the evening.



We measure brightness with “lux”

Here’s a graphic to illustrate just how much brighter it is outside:



Low light
50 lux



Living Room
200 lux



Office
500 lux



Supermarket
1000 lux



Rain
10,000 lux



Cloudy
20,000 lux



Bright
50,000 lux



Direct Sun
100,000 lux

You simply cannot reproduce the brightness of Sunlight, so..

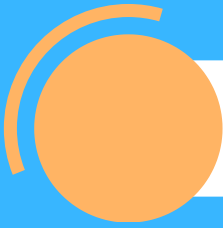
GO OUTSIDE!



#11 ACTION TIPS

- 1. Spend as much time as you can outside, period!**
- 2. Spending your lunchtime outside is a great way to get some bright light into your day.**
- 3. Go camping every now and then and spend a couple of days outside all day. This is a great way to reset your circadian rhythm.**

References: [R](#) [R](#)



PROTOCOL #12

MIMIC SUNLIGHT

If you're trapped indoors all day you can mimic sunlight to some degree with very bright LED setups.

For example, in our home, we have a string light with 8 sockets running across our living area. Attached to this are 8, 7-in-1 splitters with a total of 56 light bulbs!

This puts out a total of about **45,000 lumens** and completely changes how we feel throughout the day.



#12 ACTION TIPS

1. Try increasing lumens, spectral accuracy, and even including infrared and UV.
2. Check out [Sunsy Shine](#) ([Amazon link](#)) light bulbs for any easy way to upgrade your lighting.
3. Upgrade areas of the home you spend the majority of your day in, like an office or living area.
4. Only wear sunglasses if absolutely necessary!
5. Visit our article on [mimicking sunlight](#) for more ideas.

THE EVENING

Evening is all about dim warm light, darkness, relaxation, and slowing down.



PROTOCOL #13

STOP EATING

As evening approaches, various digestive changes occur.

Roughly **two hours** before your bedtime, melatonin secretion begins, and glucose tolerance decreases.

Gastric emptying slows down.

Your resting metabolic rate also slows down as your body temperature cools in preparation for sleep.

This means eating a large meal is not a good idea but a small snack won't hurt if you're hungry.



#13 ACTION TIPS

- 1. Avoid large meals 2-3 hours before bedtime.**
- 2. Evening snacking does not appear to be detrimental to sleep quality and may help if you find yourself quite hungry.**
- 3. When shifting mealtimes away from bedtime, it may take several days for ghrelin, the hunger hormone, to stop secreting, so you'll have to suffer from hunger for a short time before you adjust!**

References: [R](#) [R](#) [R](#) [R](#) [R](#) [R](#)

PROTOCOL #14

LIMIT EXERCISE

Try to stop all intense physical activity before bed, this can raise your core body temperature and stress your body.

Intense physical activity **within one hour of sleep** has been shown to negatively affect sleep onset latency, total sleep time, and sleep efficiency.

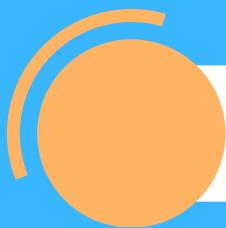
Other than that, in general, exercise in the evening doesn't appear to be associated with negative sleep outcomes or circadian phase delays.



#14 ACTION TIPS

- 1. Don't do anything physically demanding within one hour of your bedtime.**
- 2. Other than that, you're probably okay to go crazy.**
- 3. Anecdotally, I've tended to sleep poorly on nights when I workout within two hours of sleep, so this may be a personal thing you have to figure out.**

References: R R R R R



PROTOCOL #15

DEVELOP A NIGHTTIME ROUTINE

Morning routines get a lot of attention these days, but I think a **more important routine** is the one you establish on tail-end your day.

Your day is filled with mental excitement. Traffic, work, YouTube, podcasts, socializing, bright light, music, workouts, shopping, cooking, and on and on.

Nonstop neural activity has to come to an end for our minds to properly prepare to fall into a deep restorative sleep.



#15 ACTION TIPS

- 1. Create a bedtime routine you start at least 1 hour before your bedtime.**
- 2. Stop all stimulating activities. No working on projects, learning, mentally taxing chores, doom scrolling, social media, etc.**
- 3. Some great ideas would be dim, warm lighting, no electronics, relaxing music, stretching/light yoga, etc.**
- 4. Explore our article on [bedtime routine ideas](#) to craft your routine!**

PROTOCOL #16

TAKE A WARM BATH OR SHOWER

Remember how cold showers can actually warm us up? Well, the same thing applies to warm showers or baths.

It turns out that taking a warm shower or bath at night can help to speed up the loss of your core body temperature prior to bed, which is exactly what you want to happen!

This lower core body temperature will help to increase melatonin secretion and make you tired and ready for bed.



#16 ACTION TIPS

- 1. Take a warm shower or bath about **an hour** before your bedtime to help your body cool down.**
- 2. Doing this too close to bedtime will have the opposite effect as your skin will still be too warm.**

PROTOCOL #17

TURN ON DIM WARM LIGHTS

Proper lighting before bed is just as important to get right as lighting after waking is.

You'll start to produce melatonin about **2 hours** before your normal bedtime, and even very dim cool lighting can cause significant **melatonin suppression** in some sensitive individuals.

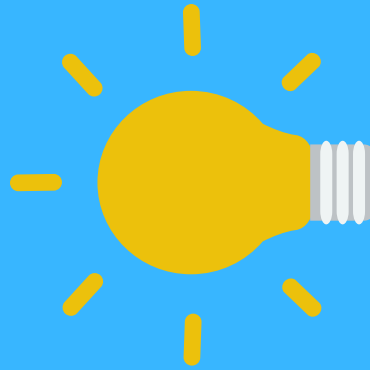
So seek to transition to dim warmer color lighting around this time to aid melatonin secretion.



You can get various different kinds of evening lights:

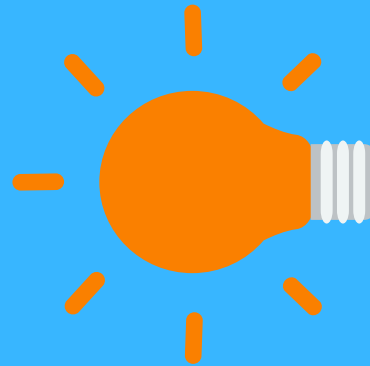
YELLOW: 2100K

Yellow lights provide great color rendering and low levels of blue light.



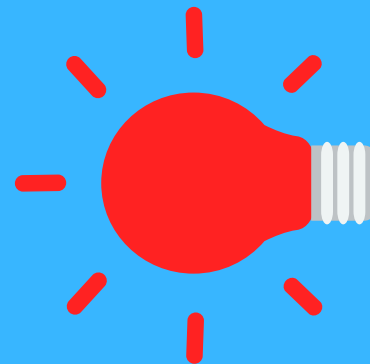
AMBER: 1600K

Amber lights still have some yellow hues which helps with color rendering and usually have no blue light.



RED: 1000K

Red lights are great for insomniacs or biohackers who want the absolute safest light.



#17 ACTION TIPS

1. Turn on dim warm lights at night at least **two hours** before bed.
2. If you have any trouble sleeping, stick to very dim amber or red lights with no blue light.
3. Check our [database](#) for the best lights!
4. We're big fans of the [Bedtime Bulb](#) too.

References: [R](#)

PROTOCOL #18

USE BLUE BLOCKING GLASSES

Sometimes we don't have control over the lighting in our environment, especially when going to bed, which is a great time to use blue-blocking glasses.

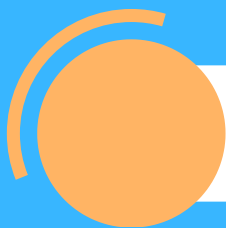
Whether you're out late for an event where bright blue-laden lights are in use, or your roommates are evening light goblins, blue blockers are a must-have tool.



#18 ACTION TIPS

- 1. Put on your blue blockers anytime you're in the vicinity of bright lights **two hours before** your bedtime.**
- 2. Most orange lens blue blockers will work for most people, however, stick to red if you have any phase disorders or trouble sleeping.**
- 3. Check out our [database](#) to find the ones that work best for you!**

References: R



PROTOCOL #19

BLOCK ELECTRONIC DEVICE LIGHT

If you must use electronics within that two-hour window before bed, it would be wise to **block the blue wavelength light** coming from their screens.

Make sure to enable the night filters on your iPhone, Mac, windows laptop, etc.

You can even enable a red light filter mode for iPhones! [Check out that guide here.](#)



#19 ACTION TIPS

1. Enable your night mode to turn on two hours before bedtime.
2. Download [Dark Reader](#) for your web browser.
3. Install [F.lux](#) or [Iris](#) on your computer.

PROTOCOL #20



MAKE YOUR BEDROOM DARK

Even the tiniest amount of manmade light coming into your bedroom at night can dwarf the brightest moonlit night.

Whether you live near street lights or just want to keep that summer morning sun from waking you up too early, blacking out your bedroom is a vital part of the equation to deeper more restful sleep.

There are various ways you can get your bedroom darker, we have a [guide for just this thing.](#)



#20 ACTION TIPS

1. Get some blackout shades, light-blocking strips, and blackout curtains for your windows.
3. Invest in a blackout mask if you can't block all the light!



PUTTING IT ALL TOGETHER!

- Wake up at the same time every day.
- Don't stay out late often, wear blue blockers if you do.
- Gradually cool your home at night and warm it up as you wake up.
- Use a sunrise alarm clock to wake up.
- Get out in the Sun or use a SAD lamp/glasses within 30 minutes of waking.
- Take a cold shower if you dare!
- Get some aerobic exercise, outside would be best.
- Eat some breakfast early in the morning.
- Spend as much time outside as you can all day.
- Mimic sunlight in the areas of your home where you spend the most time.
- Stop eating large meals 2-3 hours before your bedtime.
- Limit intense physical activity 1 hour before bed.
- Develop a bedtime routine that helps you relax before bed, a 1-2 hour window for this is best.
- Turn off bright overhead lights and turn on dim warm lighting two hours before bed, use blue blockers if you can't.
- Block blue light from your electronics.
- Get your bedroom blackout dark.



**THE
END**

