

# Circadian Rhythm

Your circadian rhythm is like an internal clock that helps regulate your sleep-wake cycle, body temperature, hormone release, changes in metabolism, digestion and other essential functions. This biological rhythm operates on a roughly 24-hour cycle, responding to external cues such as light and darkness to synchronize with the day-night cycle - all aimed at either keeping you alert or preparing you for sleep.

At the core of your circadian rhythm is the suprachiasmatic nucleus (SCN), a region in your brain that serves as the master clock. The SCN receives signals from your eyes about light levels, helping it determine whether it's time to be awake or asleep. Additionally, various organs and tissues in your body have their own "clocks" that are influenced by the SCN, contributing to the overall coordination of your biological processes.

It's important to note that age significantly affects circadian rhythm. Infants, teenagers, and adults all experience different patterns and challenges related to their circadian rhythms.

## RECOGNIZE YOUR PATTERNS

Identifying your circadian rhythm patterns is a critical step toward understanding and adjusting your sleep patterns for better health and well-being.

Firstly, note the times during the day when you feel most alert and when drowsiness hits. "Early birds" find themselves most energetic in the morning, while "night owls" feel more awake in the evening.

Next to discover your natural circadian rhythm, try sleeping without an alarm for a few days or use the "camping test," relying solely on natural light cues for sleep and wakefulness.

Pay attention to clues. Healthy circadian rhythms are marked by quick sleep onset, a full 7-9 hours of sleep, and waking up rested around the same time daily. If you have trouble falling asleep or waking up, it may indicate that you need to make some adjustments.

Maintaining a healthy circadian rhythm is crucial for overall well-being. Disruptions to this internal clock have been linked to a range of health issues, including sleep disorders, mood disturbances, metabolic disorders, and even an increased risk of chronic conditions like diabetes and cardiovascular diseases.

Functional Test  
Circadian Rhythm



*Pick one and make it a routine and then move on to the next one. Overtime your circadian rhythm will become more optimal*

## OPTIMIZE YOUR RHYTHM

- 1. Establish a Consistent Sleep Schedule:** Aim to go to bed and wake up at the same times each day, even on weekends, to help regulate your body's internal clock.
- 2. Optimize Sleep Environment:** Create a relaxing bedtime routine and ensure your bedroom is conducive to quality sleep by keeping it dark, cool, and quiet. Try out 7-day sleep challenge, [here](#).
- 3. Limit Exposure to Blue Light:** Reduce your exposure to electronic devices emitting blue light, especially before bedtime, as it can interfere with your natural sleep-wake cycle. Grab blue blockers, [here](#).
- 4. Get Exposure to Natural Light:** Try and get outdoor during sunrise, sunset and periodically throughout the day. This maintains a healthy circadian rhythm.
- 5. Mindful Eating:** Avoid heavy meals close to bedtime and opt for light, nutritious snacks if you're hungry before sleep.
- 6. Timing of Meals:** Try to eat meals at consistent times each day to support your body's internal clock and digestive processes.
- 7. Regular Physical Activity:** Engage in regular exercise, but avoid vigorous workouts close to bedtime, as they may negatively impact your sleep quality.
- 8. Stress Management:** Practice relaxation techniques such as deep breathing, meditation, prayer or yoga to reduce stress levels and promote restful sleep.