

CIRCADIAN RHYTHM



Circadian rhythm is like your body's internal clock. It regulates when you feel awake and sleepy, and it follows a 24-hour cycle. It affects many bodily functions, including sleep, hormones, and body temperature

Waking

Light wakes you up in the morning by influencing your internal circadian rhythm. Exposure to natural morning light signals your body that it's time to be awake and alert

It suppresses the sleep-promoting hormone melatonin, triggers the release of wakefulness-promoting hormones like cortisol, and helps reset your biological clock to align with the day-night cycle, ensuring you wake up feeling refreshed and ready to start the day

Food consumption timing

The timing of food consumption can significantly impact your circadian rhythm. Eating at specific times, especially late at night, can disrupt your body's natural internal clock, leading to potential negative effects on sleep, metabolism, and overall health

Proper timing of meals in alignment with your circadian rhythm can help optimize your energy levels, digestion, and metabolic processes, ultimately promoting better health and well-being

Exercise

Exercise can influence your circadian rhythm by helping to synchronize it with a consistent wake-sleep cycle. The timing and intensity of exercise can affect hormone levels and body temperature, promoting alertness during the day and better sleep at night

Timing your exercise to fit in with your schedule can enhance the natural rhythm of your internal clock, contributing to overall well-being

Impact of "normal" life

Unfortunately, when put into practice maintaining this regular routine isn't always possible. Therefore, it is important to tick as many of these boxes as possible which contribute to your bodies clock, whilst still being able to enjoy the spontaneous aspects of life

Summary

Ensure you wake up at the same time every day

Expose your eyes to natural light throughout the day

Try to eat in a schedule, at similar times each day

Pick a bed time and try to stick to it