WHAT'S YOUR RHYTHM?

Are you a "morning type" or an "evening type"? Circle One:

Sun ☀️ Moon 🌕

My optimal wake time is: _________
My optimal bedtime is: _________

1. Early Morning (6 a.m. - 9 a.m.)
2. Mid-Morning (9 a.m. - noon)
3. Mid-Day (noon)
4. Early Afternoon (1 p.m. - 3 p.m.)
5. Late Afternoon (3 p.m. - 6 p.m.)
6. Evening (6 p.m. - 9 p.m.)
7. Night (9 p.m. - 10 p.m.)
8. Bedtime (10 p.m. +)

What can you do throughout the day to take advantage of your circadian rhythm and prepare for a quality night's sleep?
Optimize Your Rhythm

1. **Early Morning** (6 a.m. - 9 a.m.): Exposure to bright light will help the body wake up and reset for a new day. Avoid sleeping in late and eat breakfast to help shake off the sleepies.

2. **Mid-Morning** (9 a.m. - noon): Peak mental alertness occurs around 10 a.m. This is the perfect time to seize the day and focus on creativity and productivity.

3. **Mid-Day** (noon): When midday arrives, its time to refuel. Eat a healthy lunch and cut off caffeine intake to avoid an afternoon crash.

4. **Early Afternoon** (1 p.m. - 3 p.m.): Early afternoon hours bring a decrease in energy. To fight fatigue, go for a light walk or work standing up. Now is a great time to engage in low-energy tasks, like checking emails.

5. **Late Afternoon** (3 p.m. - 6 p.m.): Hand-eye coordination, muscle strength, and mood are highest at this time. Take advantage of exercise after work. Eat dinner afterward to regain energy and nutrient levels.

6. **Evening** (6 p.m. - 9 p.m.): As the body starts to wind down after a long day, turn off smart phones and tablets and read a book or meditate to give your eyes and mind a break from staring at screens throughout the day.

7. **Night** (9 p.m. - 10 p.m.): Get in bedtime mode with a warm shower to release body heat and begin the body's nighttime cool-down, which helps aid quality sleep. Having optimal bedroom temperature will also help create the perfect sleep environment.

8. **Bedtime** (10 p.m. +): Enter deep, restorative sleep so the body can recuperate and charge up for another day.