

Circadian Rhythm Check-in

Justin the Practice: Align Your Day, Master Your Energy.

Important Note: This Guide is a Starting Point

This Circadian Rhythm Check-in provides universal, foundational practices to optimize your daily rhythms. These are powerful tools for general well-being. For specific, personalized guidance tailored to your unique physiology, goals, and lifestyle, a deeper dive is essential.

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Your body has an internal clock, tuned to the rhythm of day and night. When we align with it—through light, temperature, and timing—we unlock deeper energy, sharper focus, and more profound recovery. Consistent wake and sleep times, especially influenced by morning sunlight and evening darkness, are powerful signals for your body's natural hormone release. This guide helps you tap into that.

Your Daily Rhythm Audit

Check in with these habits to see where you're already aligned, and where you can make simple adjustments for big impact.

- ☐ Morning Sunlight: 10+ minutes within 30 min of waking (ideally without sunglasses).
- ☐ Consistent Wake Time: Within a 30-minute window daily.
- ☐ Consistent Sleep Time: Within a 30-minute window daily.
- ☐ Caffeine Cutoff: No caffeine 10 hours before bed.
- ☐ Digital Sunset: No screens 60 minutes before bed.
- ☐ Cool Sleep Environment: Bedroom temperature between 65-68°F.

Your Energy Landscape

Map your natural focus and fatigue patterns. Identify when you're at your best, and when you need to recharge. Take a moment to reflect on your peaks and dips throughout the day.

When do you feel most focused and productive? When do you typically experience dips in energy or concentration? How does your current schedule align with these natural rhythms?

The 3 Non-Negotiables

These foundational habits offer significant leverage for improving your circadian health and overall well-being.

Morning Light: Your Circadian Reset Button

Action: Get outside ASAP (5-10 mins, ideally without sunglasses).

The Science: Exposure to natural light, especially in the morning, signals your brain to reduce melatonin production and kickstart cortisol release. This helps regulate your circadian rhythm, improving alertness during the day and promoting deeper sleep at night. It's a foundational cue for your body's internal clock.

Light Movement: Prime for the Day

Action: Short walk or light stretch/activation.

The Science: Gentle movement in the morning increases blood flow, lubricates joints, and can gently elevate heart rate, preparing your body for the day without overstressing it. This low-intensity activity also helps clear metabolic waste and can boost mood through endorphin release, setting a positive physiological tone.

Evening Wind-Down: Signal for Deep Recovery

Action: Some kind of routine before bed (e.g., reading, journaling, gentle stretching).

The Science: Creating a consistent evening ritual helps your body transition from sympathetic (fight or flight) to parasympathetic (rest and digest) dominance. This pre-sleep routine can lower heart rate, reduce stress hormones, and prepare your mind for sleep, significantly improving sleep onset and quality. Avoiding stimulating activities (like bright screens) reinforces this signal.

Bonus Practice: 5-7 Minute Calming Breathwork

This simple routine helps shift your nervous system into rest-and-digest mode. Use it to supercharge your evening wind-down, or anytime you notice 'over-activation' in your body—a racing mind, tense shoulders, or a sense of urgency. Find a quiet space, sit or lie comfortably, and soften your gaze or close your eyes.

- 1. Settle In (1 minute):** Take a few natural breaths. Notice your body, your posture, and any tension you're holding. Gently release it.
- 2. Belly Breathing (2 minutes):** Place one hand on your chest and one on your belly. Breathe deeply through your nose, feeling your belly rise first, then your chest. Exhale slowly through your mouth, letting your belly fall. Focus on filling from the bottom up, emptying from the top down.
- 3. Extended Exhale (2-3 minutes):** Continue belly breathing, but now make your exhale noticeably longer than your inhale. Try inhaling for a count of 4, holding briefly for 1, and exhaling slowly for a count of 6. Find a rhythm that feels comfortable, not forced. The long exhale is key for calming the

nervous system and signaling safety.

4. **Gentle Return (1 minute):** Let your breath return to its natural rhythm. Notice any shift in your body or mind. When you're ready, gently open your eyes.