



# CIRCADIAN RHYTHM - JC NOTES

## Timing Matters

*The circle of life on earth – for plants, humans, all creatures*



### Goal: A Strong, Aligned Circadian Rhythm (CR)

- ✓ Daily, consistent timing across brain and body
- ✓ Regular sleep routine for energy, metabolism, and mood, plus both near-term and long-term health



### Why Care? Timing Matters

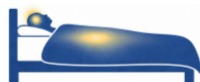
**Your body runs on a 24-hour schedule.**

**When that schedule is disrupted, risk increases for:**

- ↑ Cognitive Decline
- ↑ Depression and anxiety
- ↑ Weight gain and insulin resistance
- ↑ Heart disease and stroke
- ↑ Cancer and chronic inflammation,
- ↓ Energy, memory and focus

*Protect your rhythm → protect your brain and body*

### 3 KEY TIMING ANCHORS



#### 1. Sleep Timing

- ✓ Consistent bedtime + wake time (+/- 30 minutes)
- ✓ Align with natural light/dark cycle
- ✓ Personal chronotype matters, consistency matters more

*Regular timing trains your body's systems to recover on schedule*



#### 2. Light Timing (Powerful lever)

- ✓ **Morning:** 10-20 minutes of outdoor light within 1 hour of waking
- ✓ **Evening:** Dim lights; red night-lights good; below eye level best

*AM light resets your brain's daily master clock → every cell follows*



#### 3. Food Timing

- ✓ Regular meal-times - breakfast in particular



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*Even small adjustments have value. Perfection not required.*

THE BIG CR DISRUPTORS	IMPORTANT TO KNOW
<p><b>Bright Light at Night</b></p> <p>Confuses the brain: Signals wake time → Melatonin suppressed</p>	<p><b>Sleep ↔ Circadian Rhythm</b></p> <p>Good Sleep increases CR Strength Strong CR improves your sleep</p>
<p><b>&lt;10-12 Hour Overnight Fast</b></p> <p>Constant eating → No reset time → Impaired metabolic and cellular repair</p>	<p><b>Small Adjustments → Real Impact</b></p> <p>Perfection Not Required Small timing shifts → Meaningful gains</p>
<p><b>Late Cut-off times for Food, Caffeine &amp; Alcohol</b></p> <p>Can delay sleep onset, disrupt sleep, and ↓ Sleep quality → ↓ Repair &amp; rejuvenation &amp; ↑ Inflammation</p>	<p><b>Know Your Rhythm → Informed Choices</b></p> <p>Click here to identify <a href="#">your personal Chronotype</a></p>

*Modern life with 24x7 light and night-time schedules messes with our brain's master clock and cellular clocks!*

*Knowing personal chronotype and sensitivity thresholds for typical disruptors allows us to make more informed choices to better sync with our rhythm*



### TIPS

Not sure where to start? Begin with our [Sleep Playbook](#).

Night shift worker or equivalent ? New parent? Jet Lag Disruption?  
Monitor our Sleep Playbook for strategies and links to expert advice on how to manage.

Dark winter mornings? Try 10k lux "Sad" light for your counter (or any 10k + lux light source)

Explore links to expert resource details at  
[AgeSmartLiving.com/playbooks/circadian-rhythm](https://AgeSmartLiving.com/playbooks/circadian-rhythm)