

# HOW TO REGULATE YOUR CIRCADIAN RHYTHM

1. **Get morning sunlight exposure:** Aim to get sun exposure for 10-15 minutes at sunrise or at least before 10 AM. NO sunglasses and try to expose your skin.
2. **Evening sun exposure:** Aim to get sun exposure as the sun is setting for about 10 minutes. NO sunglasses and try to expose your skin. Sunrise and sunset have highest levels of infrared light and build melanin.
3. **No sunglasses:** Sunglasses, regular glasses, and contact lenses block UV light, which disrupts circadian cues, especially when they're worn in the morning. Contrary to popular belief, eye health depends on adequate sunlight exposure. Unless you're around reflective surfaces for prolonged periods like snow, water, or white sand, you likely don't need sunglasses. If you're very photosensitive, gradually reduce how long you wear your sunglasses each day.
4. **Eat, exercise, and sleep times:** Aim for regular sleep, eating, and exercise times. Sleep in a cold, dark room. *When* you eat matters just as much as *what* you eat. Avoid eating and exercising after sunset. Fat for breakfast and a high-protein dinner is ideal. Best to eat within 1 hour of waking and 3-4 hours before bed.
5. **Get outside more:** Go outside without your glasses or contacts throughout the day so that your body can get the proper light cues.
6. **Eat seasonally and locally:** Where your food was grown matters because food contains light information. Depending on where your food was grown (latitude), it will contain different H+ isotopes (number of neutrons), which tell your body about the light energy it contains. This informs your body where it is and what time of year it is. When you eat mangoes in Maine in the middle of winter, your body gets very confused.
7. **Open your windows:** Open your windows, also car windows, throughout the day. Glass blocks UVB and sometimes UVA light.
8. **Block blue light:** Blue light is the main circadian regulator. Use blue light-blocking apps and glasses, especially at night, and avoid all screens 1-2 hours before bedtime. Consider dimming your lights and using candles at night.

**A note about sunblock:** When you wear sunblock, you are blocking UVA light but allowing other light in like blue light. It also confuses your body because you're not allowing the sun's full spectrum of light to touch your skin. It's best to wear a hat to protect your face. If someone is blue light toxic and eat lots of seed oils, they're going to be more sensitive to the sun and it's more inflammatory for the skin.

Using sunblock makes most people stay out longer in the sun than they normally would. It's best to get morning sunlight to build melanin levels gradually throughout the year, so you don't burn your skin when it's spring and summertime. Moreover, most sunblocks and sunscreens contain toxic and endocrine-disrupting chemicals that also damage sea corals.