

NEUROHELP™ EDUCATION INITIATIVE

Daily Brain Health Habits Checklist

A simple science-backed routine to support long-term neurological health

Building optimal brain health relies on consistent, structural daily micro-habits. This protocol translates neuroanatomy fundamentals into actionable daily checkpoints. Use this one-page tracker to protect baseline cognitive reserves, maximize vascular efficiency, and optimize neural connectivity.

1. SLEEP ARCHITECTURE & NEURO-RECOVERY

- ☐ **Target 7–9 Hours of Rest:** Give your brain adequate time to clear metabolic waste via the glymphatic system.
- ☐ **Maintain Consistent Timing:** Go to bed and wake up at the exact same times to preserve your circadian rhythm.
- ☐ **Digital Blackout Period:** Turn off all phones, tablets, and bright screens at least 60 minutes before bedtime to maximize natural melatonin production.

2. HYDRATION & NEURO-METABOLIC SUPPORT

- ☐ **Morning Hydration Baseline:** Consume 16–20 oz of clean water immediately upon waking to reverse overnight dehydration.
- ☐ **Steady Daily Intake:** Drink fluids continuously throughout the day to support optimal cerebrospinal fluid dynamics and cellular transport.
- ☐ **Limit Cognitive Dehydrators:** Monitor intake of sugary and highly processed drinks that impact blood-sugar stability and steady focus.

3. PHYSICAL EXERCISE & VASCULAR MICRO-CIRCULATION

- ☐ **30 Minutes of Active Movement:** Engage in brisk walking, running, or cycling to enhance dynamic blood supply straight to the Circle of Willis.
- ☐ **Incorporate Posture Breaks:** Stand up, stretch, or walk around for at least 2 minutes for every hour spent sitting at a desk.
- ☐ **Deep Breathing Drills:** Practice 3–5 minutes of focused oxygenation work to lower physical stressors and boost oxygen delivery to the cortex.

4. COGNITIVE STIMULUS & SYNAPTIC PLASTICITY

- ☐ **Dedicated Lifelong Learning:** Spend 15–20 minutes reading, practicing a new language, or solving a highly complex structural logic puzzle.
- ☐ **Novel Motor Learning:** Challenge your coordination by writing with your non-dominant hand, drawing, or trying an unfamiliar physical routine.
- ☐ **Active Social Communication:** Engage in deep, meaningful conversations with friends, family, or colleagues to activate language pathways like the Arcuate Fasciculus.

NEUROHELP™ COMMUNITY EMERGENCY REMINDER

While building long-term cognitive health, always stay alert to acute emergencies. If you see sudden facial drooping, arm weakness, or slurred speech, immediately recognize the signs using the **FAST** protocol and call 911.

Educational resources provided by the NeuroHelp™ Network Public Health Framework.
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