

GuidanceResources®

Circadian Health

Humans are highly attuned and sensitive to the 24-hour cyclical rotation between sunlight and darkness. This sensitivity affects the internal biological clocks, or circadian rhythms, that control our sleep-wake cycles and many other biological systems in our bodies. The foundation of circadian health is exposure to regular light-dark cycles. This provides the daily “time cues” to be alert and active in the daytime and to switch to sleep mode at night.

Circadian Health is Overall Health

The golden rule of healthy circadian rhythms is simple: stable, regular daily light and dark exposure with regular sleep-wake times.

This consistency is key, but other lifestyle adjustments can help the process:



Maintain bright blue-light enriched days and dim red-light enriched nights (warm-toned red lights help increase the production of melatonin)



Dim and turn off lights and screens well before bedtime



Keep the bedroom cool at night



Work out in the morning



Eat earlier and more for breakfast, have a medium meal for lunch and eat less for dinner



Resist naps



Limit caffeine intake after noon



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