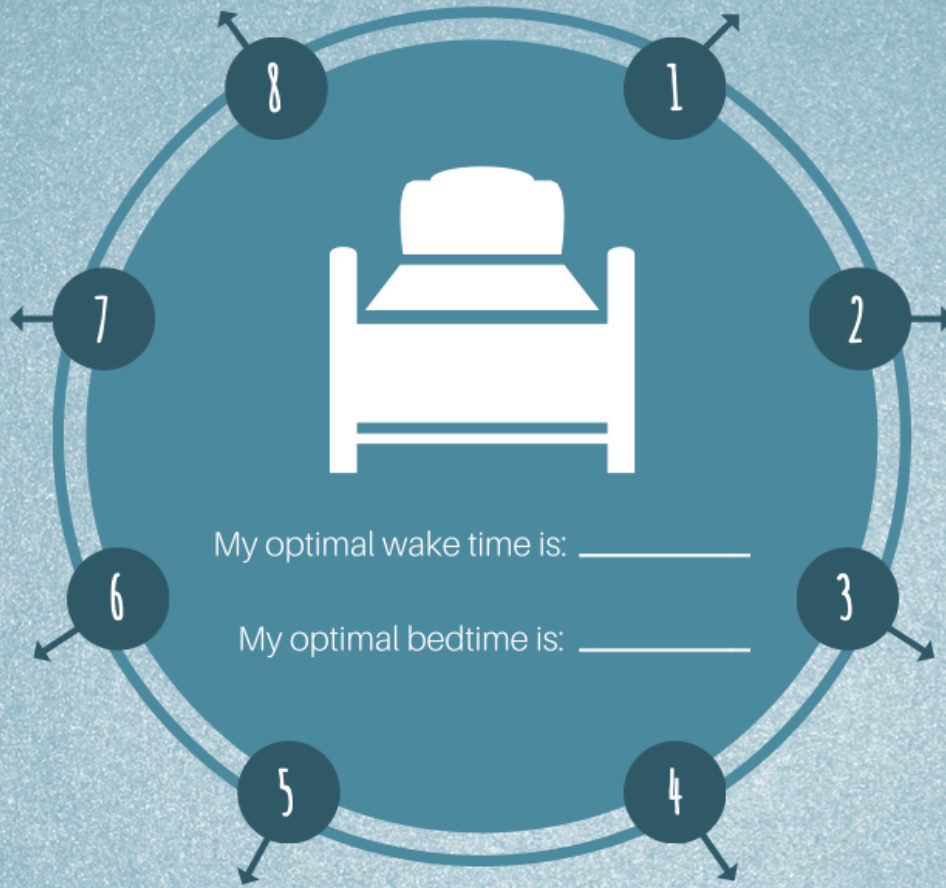


WHAT'S YOUR RHYTHM?

ARE YOU A "MORNING TYPE" OR AN "EVENING TYPE"? CIRCLE ONE:



1. **Early Morning** (6 a.m. - 9 a.m.)
2. **Mid-Morning** (9 a.m. - noon)
3. **Mid-Day** (noon)
4. **Early Afternoon** (1 p.m. - 3 p.m.)
5. **Late Afternoon** (3 p.m. - 6 p.m.)
6. **Evening** (6 p.m. - 9 p.m.)
7. **Night** (9 p.m. - 10 p.m.)
8. **Bedtime** (10 p.m. +)

What can you do throughout the day to take advantage of your circadian rhythm and prepare for a quality night's sleep?

OPTIMIZE YOUR RHYTHM

1. **Early Morning** (6 a.m. - 9 a.m.): Exposure to bright light will help the body wake up and reset for a new day. Avoid sleeping in late and eat breakfast to help shake off the sleepies.
2. **Mid-Morning** (9 a.m. - noon): Peak mental alertness occurs around 10 a.m. This is the perfect time to seize the day and focus on creativity and productivity.
3. **Mid-Day** (noon): When midday arrives, its time to refuel. Eat a healthy lunch and cut off caffeine intake to avoid an afternoon crash.
4. **Early Afternoon** (1 p.m. - 3 p.m.): Early afternoon hours bring a decrease in energy. To fight fatigue, go for a light walk or work standing up. Now is a great time to engage in low-energy tasks, like checking emails.
5. **Late Afternoon** (3 p.m. - 6 p.m.): Hand-eye coordination, muscle strength, and mood are highest at this time. Take advantage of exercise after work. Eat dinner afterward to regain energy and nutrient levels.
6. **Evening** (6 p.m. - 9 p.m.): As the body starts to wind down after a long day, turn off smart phones and tablets and read a book or meditate to give your eyes and mind a break from staring at screens throughout the day.
7. **Night** (9 p.m. - 10 p.m.): Get in bedtime mode with a warm shower to release body heat and begin the body's nighttime cool-down, which helps aid quality sleep. Having optimal bedroom temperature will also help create the perfect sleep environment.
8. **Bedtime** (10 p.m. +): Enter deep, restorative sleep so the body can recuperate and charge up for another day.