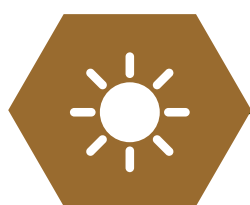




10 Steps to Circadian Health



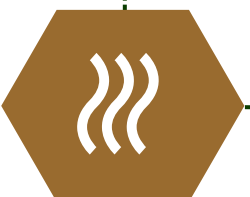
STEP 1

EXPOSE YOUR EYES & SKIN TO MORNING SUNRISE FOR 20-30 MINS

EAT BREAKFAST WITHIN 30 MINS TO 1 HOUR OF THAT EXPOSURE TO THE SUN



STEP 2



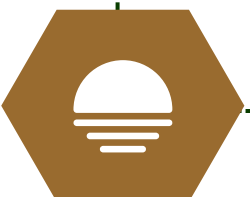
STEP 3

GO OUTSIDE OFTEN THROUGHOUT THE DAY, EVEN A FEW MINUTES MAKES A BIG DIFFERENCE

WEAR DAYTIME BLUE BLOCKERS INDOORS



STEP 4



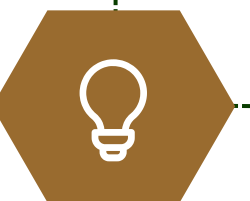
STEP 5

EAT BEFORE SUNSET

WATCH SUNSETS (&SUNRISES) AS MUCH AS POSSIBLE



STEP 6



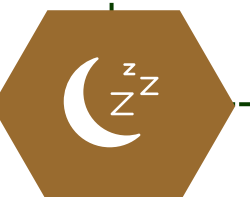
STEP 7

TURN OFF BRIGHT LIGHTS, SWITCH TO LAMPS WITH INCANDESCENT BULBS

AVOID OR BLOCK ALL LIGHT EXCEPT RED LIGHT 2 HOURS BEFORE BED



STEP 8



STEP 9

GO TO BED AND WAKE UP AT CONSISTENT TIMES

AVOID ALCOHOL AND FOOD WITHIN SEVERAL HOURS OF BEDTIME



STEP 10