

FAST FACTS

Healthful morning routine

Priming

The start of each day is a wonderful opportunity to establish some groundwork for 'future you'. We have a 24 hour cycle in the body, the circadian clock, in which we can optimise certain elements in order to influence future hormones, digestion, sleep, energy pathways and prime ourselves for the day ahead.

Did you know?

You have a Cortisol Awakening Response. The hormone Cortisol, if the cycle is well modulated, will be at its highest in the morning. This is your 'get up and go'. It's one reason you shouldn't need to be propped up by caffeine, an exogenous way to elevate cortisol. For most, that cortisol peak will gradually reduce throughout the day from around 9am (mid-morning). Introducing caffeine after your own natural cortisol peak is reducing, will be better than 'stacking' cortisol. Our recommendations for your morning routine aim to biohack your biology to optimise your bodies natural Cortisol Awakening Response.

What to focus on

There are many tactical strategies you can implement when optimising a morning routine. While there are many behaviours and habits you can focus on, here are our top 4:

1. Circadian clock

If sleep is a priority right now, you'll want to 'prime' your body for 'future you' and your ability to engage in healthful sleep. To do this, you will want to, as soon as you are able, go outdoors and **gaze at the sky** to fill your receptors with the specific spectrum of light that is available in the early mornings. Please avoid looking directly at the sun. Try instead to slightly defocus your eyes and simply 'gaze' at the horizon.

2. Optimising physiology

Cold therapy supports immune health, resilience, adaptation and mental toughness.



3. Mindset muscles

For a positive mindset and clarity about the day ahead, **journaling or goal setting** is a strategy to bring momentum to a positive mindset. See [here](#) for more information on mental hygiene.

4. Breathe

Breath work is a buzz now, and for good reason. It directly supports your nervous system and is a sure fire way to bring your physiology back into optimal alignment. See [here](#) for more information on **4-7-8 breathing**.

Healthful Checklist:

Add to your morning menu

- natural light
- breath work
- intention setting/meditation
- cold exposure
- journaling

Avoid for at least the first 60 - 90 minutes

- screens
- conflict
- processed food
- caffeine

Books

Breath by James Nestor
 Morning Miracle by Hal Elrod
 5 Second Journal by Mel Robbins