

The 7-Day Circadian & Sleep Reset Protocol

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Clinical Overview: Human circadian rhythms are governed by the suprachiasmatic nucleus (SCN) in the hypothalamus. This protocol systematically aligns your master biological clock through synchronized photic (light), thermal, kinetic (movement), and nutritional cues.

DAY 1 Morning Lux Anchoring

Action: Step outdoors within 30 minutes of waking for 10–15 minutes of direct sunlight without sunglasses.

Mechanism: 10,000+ lux sunlight activates intrinsically photosensitive retinal ganglion cells (ipRGCs), setting the melatonin suppression timer for 16 hours later.

DAY 2 Adenosine Clearance Window

Action: Delay first caffeine intake by 90–120 minutes post-waking and enforce a hard cutoff at 1:00 PM.

Mechanism: Allows natural adenosine clearance via morning cortisol peak, eliminating afternoon crashes and preserving slow-wave deep sleep.

DAY 3 Core Temperature Manipulation

Action: Take a warm shower or bath (40°C / 104°F) 60–90 minutes before bedtime; set bedroom ambient temp to 18°C (65°F).

Mechanism: Peripheral vasodilation shunts heat away from the body core, triggering the essential 1°C core temp drop required for sleep onset.

DAY 4 Digestive Window Synchrony

Action: Finish your last meal at least 3 hours before sleep; avoid refined carbohydrates and saturated fat late at night.

Mechanism: Prevents nighttime glycemic volatility and gastrointestinal nocturnal activation, allowing peak growth hormone secretion.

DAY 5 Spectra Lighting & Blue Cutoff

Action: At sundown, shift to dim, warm, floor-level ambient lights (<30 lux, 2700K). Eliminate overhead fluorescent lights.

Mechanism: Prevents melanopsin stimulation in the lower retina, preserving endogenous pineal melatonin secretion.

DAY 6 Autonomic Downregulation

Action: Practice 5 minutes of physiological sigh breathing (two deep inhales followed by one prolonged exhale) in bed.

Mechanism: Re-expands collapsed alveoli and stimulates the vagus nerve, immediately shifting autonomic tone from sympathetic to parasympathetic.

DAY 7 Fixed Sleep & Wake Consolidation

Action: Lock in wake-up time within a 20-minute window 7 days a week, regardless of weekend schedules.

Mechanism: Prevents "social jetlag" and consolidates sleep architecture, stabilizing rapid eye movement (REM) and slow-wave stages.