

# 7-Day Circadian Reset Checklist

An evidence-based protocol to restore cortisol and melatonin balance

## ■ Morning: Cortisol Activation Phase (06:00 – 09:00)

The goal is to trigger cortisol early in the day so it can naturally decline by evening.

- 1 ■ **Natural Light (10–30 minutes):** Get sunlight exposure within the first 30 minutes after waking to set your brain's master clock.
- 2 ■ **Delay Caffeine (90 minutes):** Wait 90 minutes before your first coffee to allow natural adenosine clearance and avoid an afternoon crash.
- 3 ■ **High-Protein Breakfast:** Supports blood sugar stability and provides building blocks for nighttime melatonin production.

## ■ Daytime: Maintenance Phase (09:00 – 17:00)

- 1 ■ **Caffeine Cut-off (10 hours before bed):** Stop all caffeine at least 10 hours before sleep.
- 2 ■ **Movement Breaks:** At least 5 minutes of movement every 2 hours to regulate stress-related cortisol.
- 3 ■ **Hydration Focus:** Consume 80% of daily fluids before 17:00 to reduce nighttime awakenings.

## ■ Evening: Melatonin Bridge (18:00 – 21:00)

The goal is to suppress cortisol and allow melatonin to rise naturally.

- 1 ■ **Dim the Lights:** Lower indoor lighting and use warm light sources (incandescent bulbs or candles).
- 2 ■ **Early Last Meal (3 hours before bed):** Digestion interferes with efficient melatonin production.
- 3 ■ **Digital Sunset (60 minutes before bed):** Turn off all screens. Blue light signals the brain that it is still daytime.

## ■ Night: Deep Recovery Phase (22:00+)

- 1 ■ **Cool Room (18°C / 65°F):** A drop in body temperature is a biological trigger for deep sleep.
- 2 ■ **Total Darkness:** Use blackout curtains or a sleep mask. Even small amounts of light reduce melatonin.
- 3 ■ **Nose Breathing:** Breathe through the nose to activate the parasympathetic nervous system.

■ **Quick Win:** If avoiding screens is impossible, use blue light blocking glasses after sunset to reduce melatonin suppression.

## ■ 7-Day Circadian Scorecard

Day	Morning Light	No Screens 1h Before Bed	3h Fast Before Bed	Sleep Quality (1–10)
Mon	■	■	■	
Tue	■	■	■	

Wed	■	■	■	
Thu	■	■	■	
Fri	■	■	■	
Sat	■	■	■	
Sun	■	■	■	

■ **Read the full scientific guide here**

For more evidence-based health strategies, visit: [www.healthsignalshub.com](http://www.healthsignalshub.com)

*Disclaimer: This checklist is for educational purposes only and is not a substitute for medical advice. Consult a qualified healthcare professional for hormonal or sleep-related conditions.*