



Lunch Break Presentation Series

Reset Your Rhythm • January 22, 2015

How to Reset Your Circadian Rhythm for Weight Loss and Overall Health

Morning

- Wake up at the same time every day
- Wake up to light (sunlight or dawn simulation alarm clock)
- Eat a healthy, protein-rich breakfast upon waking

Day

- Spend time outdoors during the day
- Avoid spending time in darkness during daylight hours

Evening

- Finish eating at least 3-4 hours before going to sleep
- Avoid blue light during this same time period (see tips on right)

Night

- Keep bedtime consistent
- Allot at least 7-8 hours for sleep
- Keep your bedroom dark, quiet, and comfortable

Tips for avoiding blue light at night

- Use bug lights (orange/yellow tinted) at night in place of conventional lightbulbs
- If you use a computer at night, reduce blue color settings or install f.lux (www.justgetflux.com)
- Use orange/red LED alarm clock in place of blue/green versions
- Use candlelight/firelight in place of lightbulbs
- Wear orange-tinted glasses that block blue light
 - Wear for at least 1-2 hours before going to sleep
 - Remove after all the lights are shut off when going to sleep

Upcoming Presentations

- Feel-Good Workstation Movements
- Feed Your Flora: How to Promote Healthy Gut Bacteria
- Am I Enough? The Question That Drives Anxiety
- Connections — Your Brain on Relationships

Details at healthy.iu.edu