

Lifestyle Factors to Improve Circadian Rhythm Naturally

Circadian rhythm refers to the natural, internal process that regulates our sleep-wake cycle and other physiological processes, typically following a roughly 24-hour cycle.

This rhythm is influenced by external factors such as light and temperature and governs various functions including sleep patterns, hormone release, and metabolism.

It plays a crucial role in maintaining overall health and well-being by synchronizing bodily functions with the day-night cycle.

Healing your circadian rhythm through at-home lifestyle changes can significantly alleviate the effects of chronic stress by enhancing your overall well-being.

Additionally, prioritizing a nutritious diet and exposure to natural light can further support your circadian rhythm, ultimately reducing systemic inflammation, stabilizing hormones, and improving mood and sleep quality.

- Use lamps in the evening, limit overhead light usage.
- Establish a consistent sleep schedule.
- Limit screen time in the evening, reducing exposure to blue light. Instead choose activities like journaling, reading or taking a warm bath.
- Incorporate relaxation techniques like meditation or deep breathing.
- Engage in regular physical activity during the day.
- Get in direct sunlight for at least 15 minutes every morning, even on cloudy days.
- Make your bedroom a comfortable sanctuary. Get good pillows, blankets and sheets. White noise can help.
- Keep your room temperature cool.
- Do not let animals or kids sleep in your room.
- Consider natural sleep aids like Chamomile tea, magnesium, Ashwaganda, or melatonin.

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