Title: Morning Routine for Optimal Performance	Cory McReavy Oct 11, 2023 https://www.youtube.com/watch?v=Eo7SMNWDBBE

Essential Question:
How to achieve the best daily performance by understanding the neuroscience behind our circadian rhythms.

Cues:	**Notetaking Column:**
Sleep Circadian Rhythm Natural Light (10-15mins) Cortisol Pulse (24 hours) Melatonin Dopamine (Drive molecule) Adonosine Sleep What is it important to have a good night sleep? Circadian Rhythm What is it and what should mine be? Natural Light (10-15mins) Best time and when do I get it? Cortisol Pulse (24 hours) What is this and when should I get this pulse? Dopamine (Drive molecule) How to activate dopamine? Adenosine What is this?	Sleeping better, reasons for being up at night. Want our bodies at natural circadian rhythm as all of our cells follow the same pattern. Morning just after waking up is the best time to get natural light from the sun. Only need 10-15mins in summer month. For winter should aim at getting more and/or being under artificial light. Natural light tells the body that it's time to wake up which then sets the timer for melatonin which helps with sleep later on in the day. Cortisol pulse happens once every 24 hours and light will anchor it to that point. If we get a late start to light the cortisol shift will be later in the day and could then offset your circadian rhythm. Cortisol gets the body ready for the day. Light that hits the eyes triggers dopamine which is the molecule of drive (motivation, etc). Adenosine promotes sleep and suppresses arousal, in the morning we want to clear that our as quickly as possible which can be done by hydrating, exercising, cold shock therapy… essentially increasing body temperature. Increased temperature essentially recreates summer months feeling by increasing dopamine and epinephrine.

Summary:
Starting the morning off with a routine of waking up early and getting sunlight in the first hour of waking is very important in setting up your bodies natural circadian rhythm for the rest of the day. It allows the body to wake quickly, release the proper molecules at the correct time (dopamine, epinephrine, etc) which sets the clock for melatonin release at bedtime.