

# Circadian Tracker.



	<b>Wake time</b>	<b>Woken by alarm clock Y/N ?</b>	<b>What time did you go to sleep?</b>	<b>What time did you take your FIRST bite/sip of the day (other than water)</b>	<b>What time did you take your LAST bite/sip of the day (other than water)</b>	<b>What time did you shut off all screens?</b>	<b>What time did you exercise?</b>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

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## **CONSISTENCY .**

- If all six times change by +/- 2 hours or more over the course of the week (between workdays and off days), you have a lot of room for improvement. You will easily find at least one category to fix.
- Sometimes fixing one category will automatically bring a few others to within an appropriate range.

## **SLEEP .**

- Look at the total number of hours you spend sleeping each day. The National Sleep Foundation recommends adults get at least 7 hours per night.
- If you are sleeping less and you are feeling tired in the morning, the first thing you should work on is getting to bed earlier or figuring out a schedule that allows for at least 30 more minutes of sleep in the morning.
- If you sleep more than 7 hours and still feel sleepy when you wake, it's likely your sleep quality is not up to mark.

## **EATING WINDOW – WHEN YOU EAT .**

- Look at the total number of hours your stomach is at work.
- Your stomach should not be working for more than 12 hours, so a max eating window of 12 hours. Ideally a 8 or 10 hour eating window is encouraged as the benefits double every additional 2 hours and you will reap the most benefits

## **EAT TO BED TIME GAP .**

- Compare your last bite/sip with your bedtime. The difference ideally should be 3 hours or more.