

The Brain and its Bodyclock

Melatonin secretion starts now; that's your wind down and comfy feeling hormone, so no more hard activity or aggressive TV!

Bed time?

Bowel movement suppressed. No more eating!

Physical repair happens between 10:00 and 2:00

Deepest sleep; and burglars know it!

Eat dinner now! Try just protein at night to support your sleep patterns too.

Good time to pump those muscles! Exercise between 17:00 and 18:30. Great way to wind down at the end of a busy day

Best time of day for right-brained activity like new ideas, brainstorming and intuition (14:00 - 16:30)

Erk! If that car pulls out in front of you now, you'll be ok; best reaction speeds now!

If you're going to sit your driving test, or do step aerobics, best time of day for coordination!

Have you had lunch and a break? 30 minutes at least and carbs & proteins too. See nutrition guide!

Good time for email or other quick decisions

Psychological repair between 2:00 and 6:00. If you are stressed, or worried, you may find you wake around 4:00

No more melatonin, time to wake up!

Need to move bowels around now!

Need to hunt? Have sex? Focus? High testosterone now! Then why are you doing email & drinking coffee?

Best time of day for left brain activities! Highest alertness time (problem solving, hunting down issues, analysis etc.)

