

Circadian Rhythm & Mood

Biohacker Report

REPORT CATEGORIES —



MENTAL HEALTH



SLEEP

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

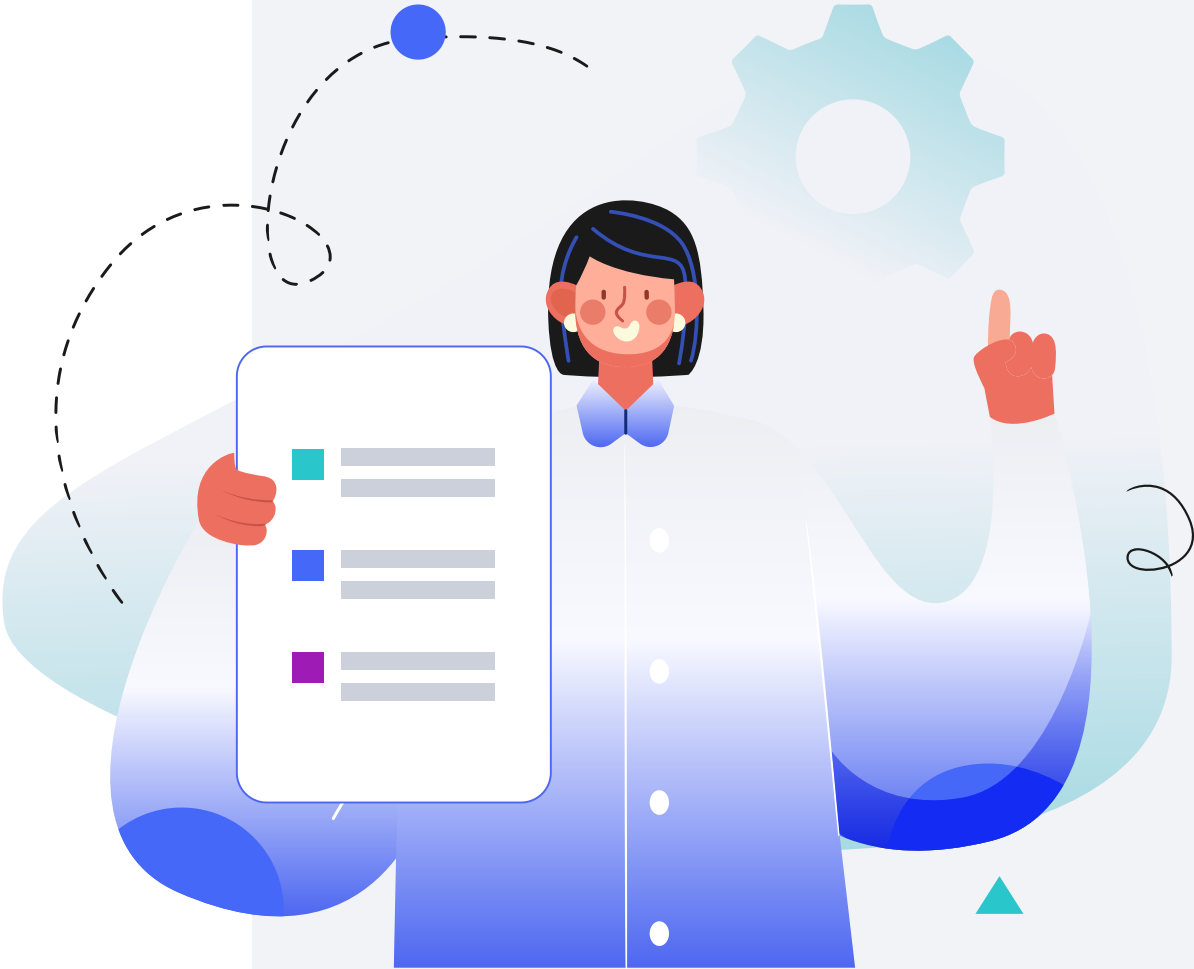
Male

HEIGHT

5ft 5" 165cm

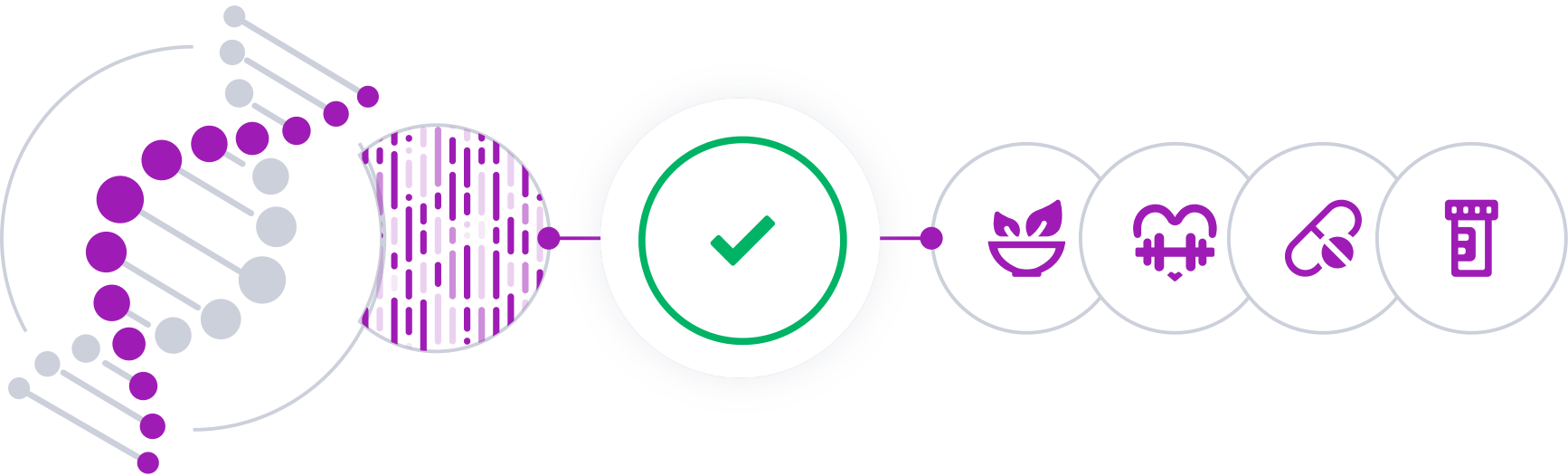
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

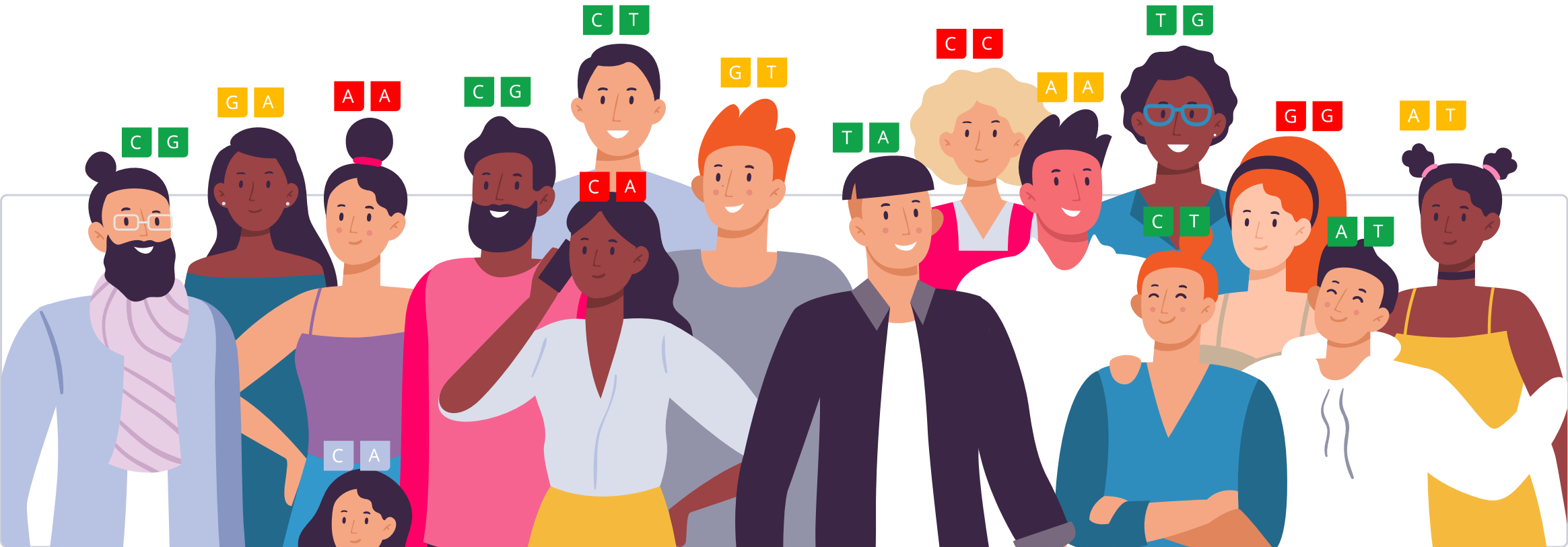


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

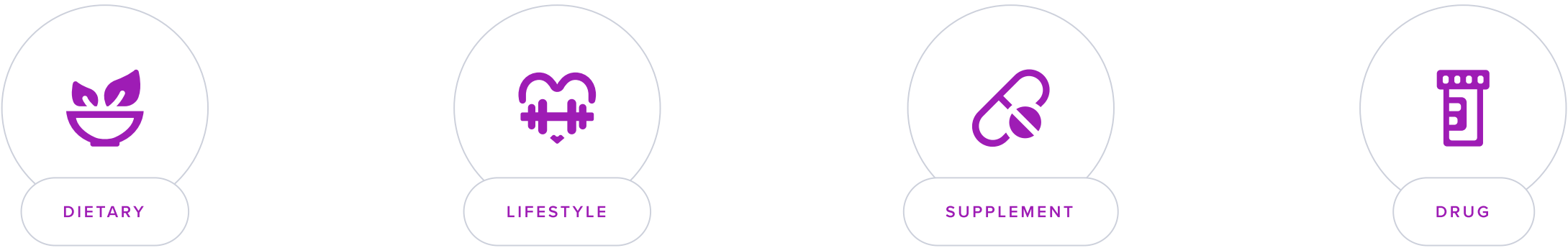
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

The circadian rhythm is our body’s internal clock. One of its main jobs is to maintain the sleep/wake cycle [\[R\]](#), [\[R\]](#), [\[R\]](#).

Problems with this clock may impact the activity of serotonin and dopamine, chemicals that play a role in mood. In line with this, disruptions in the circadian rhythm have been associated with an increased risk of depression, anxiety, and other mood disorders [\[R\]](#).

Poor [sleep](#) may worsen depression. At the same time, people with depression may have more difficulty falling or staying asleep [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Sleep issues are also common in people with mood swings. Examples include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Trouble falling and staying asleep
- Lower sleep quality
- Decreased total sleep time

People who work night shifts are also more likely to experience mood swings [\[R\]](#).

Getting too little sleep may worsen mood by [\[R\]](#):

- Affecting the way you think
- Making you more emotional

Experts recommend applying strategies to improve sleep to help with depression. For example, cognitive-behavioral therapy (CBT) for insomnia may also help reduce depression symptoms [\[R\]](#), [\[R\]](#).

Similarly, experts agree that people who experience mood swings should pay special attention to their sleep cycle. Establishing a consistent nighttime routine may help increase overall rest [\[R\]](#), [\[R\]](#).

Tips to rebalance your circadian rhythm include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Getting more sunlight during the day
- Limiting screen time at night
- Sticking to a regular sleep schedule
- Maintaining a sleep area that’s cool, dark, and quiet
- Avoiding hunger or large meals before bed

Genetics of Circadian Rhythm & Mood

The [CLOCK](#) (‘Circadian Locomotor Output Cycles Kaput’) gene is a core component of the biological clock [\[R\]](#).

The [rs1801260](#) polymorphism is the most studied SNP in the *CLOCK* gene. Its minor 'G' allele increases CLOCK activity and has been associated with worse depression and suicide scores, as well as with higher eveningness, in people with bipolar disorder [\[R, R\]](#).

In addition, the following variants have been associated with an increased risk of bipolar disorder [\[R\]](#):

- ‘C’ of [rs3805148](#)
- ‘G’ of [rs3736544](#)
- ‘C’ of [rs12504300](#)
- ‘G’ of [rs4864542](#)
- ‘C’ of [rs12648271](#)
- ‘C’ of [rs6850524](#)

The [CRY1](#) and [CRY2](#) genes encode cryptochrome circadian regulators 1 and 2. These are core components of your body’s internal clock. They are among the main genes responsible for regulating 24-hour daily rhythms [\[R, R, R, R\]](#).

The following *CRY1* and *CRY2* alleles have been associated with an increased risk of mood disorders such as persistent depressive disorder (*dysthymia*), major depressive disorder, and bipolar disorder [\[R, R, R, R, R\]](#):

- ‘T’ of [rs10861688](#) (*CRY1*)
- ‘C’ of [rs2287161](#) (*CRY1*)
- ‘G’ of [rs10838524](#) (*CRY2*)
- ‘C’ of [rs1401419](#) (*CRY2*)
- ‘A’ of [rs7121611](#) (*CRY2*)
- ‘G’ of [rs7945565](#) (*CRY2*)
- ‘G’ of [rs1554338](#) (*CRY2*)

In contrast, the ‘A’ allele of the *CRY2* polymorphism [rs3824872](#) has been associated with a decreased risk of persistent mild depression [\[R\]](#).



TYPICAL GENETICS

Typical likelihood of mood disorders based on your circadian rhythm genetics based on 35 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CLOCK	rs3736544	GG
CRY2	rs3824872	CC
HES6	rs2304669	TT
HES6	rs2304672	GG
CLOCK	rs1801260	AG
CLOCK	rs3805148	CA
CLOCK	rs4864542	GC
MTERF2	rs2287161	CG
CRY2	rs10838524	AG
CRY2	rs1401419	TC
CRY2	rs7121611	TA
CRY2	rs7945565	AG
PER2	rs934945	TC
HES6	rs10462023	GA
PER3	rs17031614	GA
PER3	rs10462020	GT
RPL31	rs6738097	CT
RPL31	rs13025524	GA
NPAS2	rs17025005	TC
RPL31	rs12622050	AG
NPAS2	rs2305159	CA
NPAS2	rs1542179	GA
NPAS2	rs1562313	TC
GNB3	rs5443	CT
ARNTL	rs7126303	CC
PER3	rs707467	AA
CLOCK	rs6850524	GG
HES6	rs4663868	CC
OPN4	rs2675703	CC
PER3	rs228697	CC
SLC35C1	rs1554338	AA

[PER2](#) and [PER3](#) are two other core components of the circadian clock. They encode the PERIOD2 and 3 proteins [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Variants in the genes encoding these proteins that have been associated with an increased risk of mood disorders such as depression and bipolar disorder include:

- ‘T’ of [rs934945](#) ([PER2](#)) [\[R\]](#)
- ‘G’ of [rs10462023](#) ([PER2](#)) [\[R\]](#)
- ‘T’ of [rs4663868](#) ([PER2](#)) [\[R\]](#)
- ‘T’ of [rs2304669](#) ([PER2](#)) [\[R\]](#)
- ‘G’ of [rs2304672](#) ([PER2](#)) [\[R\]](#)
- ‘G’ of [rs139315125](#) ([PER3](#)) [\[R\]](#)
- ‘A’ of [rs17031614](#) [\[R\]](#)
- ‘G’ of [rs228697](#) ([PER3](#)) [\[R\]](#), [\[R\]](#)
- ‘C’ of [rs707467](#) ([PER3](#)) [\[R\]](#)
- ‘T’ of [rs10462020](#) ([PER3](#)) [\[R\]](#)

[NPAS2](#) (neuronal PAS domain protein 2) is one of the core genes responsible for coordinating our circadian rhythms. Like other circadian genes, *NPAS2* responds to the light and dark cycle to ensure our bodies perform certain functions at the right time of day [\[R\]](#).

The following variants of this gene have been associated with an increased risk of mood disorders such as depression and bipolar disorder:

- ‘G’ of [rs11123857](#) [\[R\]](#)
- ‘C’ of [rs6738097](#) [\[R\]](#)
- ‘A’ of [rs13025524](#) [\[R\]](#)
- ‘T’ of [rs17025005](#) [\[R\]](#)
- ‘A’ of [rs12622050](#) [\[R\]](#)
- ‘C’ of [rs2305159](#) [\[R\]](#)
- ‘G’ of [rs1542179](#) [\[R\]](#)
- ‘T’ of [rs1562313](#) [\[R\]](#)

The [ARNTL](#) gene, also known as *BMAL1*, encodes a protein called ‘*aryl hydrocarbon receptor nuclear translocator-like*’ that binds to CLOCK to form a complex that activates the expression of multiple genes. This complex is a key regulator of the circadian rhythm by activating the expression of genes such as [PER1](#), *PER2*, *PER3*, *CRY1*, and *CRY2* [\[R\]](#).

The ‘T’ allele of [rs7126303](#) has been associated with an increased risk of bipolar disorder [\[R\]](#).

GENE	SNP	GENOTYPE
PER3	rs139315125	AA
CLOCK	rs12648271	GG
CLOCK	rs12504300	GG
NPAS2	rs11123857	AA
TMEM263	rs10861688	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

The [NR1D1](#) gene encodes a transcription factor that is a member of the nuclear receptor subfamily 1. The protein encoded by this gene represses the circadian clock transcription factor *ARNTL* [\[R\]](#).

The ‘T’ allele of [rs2314339](#) has been associated with a decreased risk of bipolar disorder, but also with a reduced effectiveness of lithium for bipolar disorder [\[R, R, R\]](#).

The [OPN4](#) gene encodes melanopsin, a receptor found in the retina and activated by blue light wavelengths to set the circadian rhythm. The gene is most expressed during dusk and dawn, making it more sensitive in the early morning and evening hours [\[R, R, R\]](#).

The ‘T’ allele of the [rs2675703](#) polymorphism has been associated with an increased risk of seasonal affective disorder, probably due to an increased sensitivity to lower light levels [\[R, R\]](#).

The [GNB3](#) gene encodes the beta 3 subunit of a ‘guanine nucleotide-binding protein’, or ‘G protein’ to abbreviate. G proteins bind to specific receptors on the surface of cells to transmit signals that activate different pathways [\[R, R, R\]](#).

The most widely studied *GNB3* polymorphism is [rs5443](#). Its minor ‘T’ allele causes the production of the normal GNB3 subunit plus a shorter alternative version that increases the activation of the G protein. This alternative version may enhance the response to neurotransmitters. This allele has been associated with an increased risk of depression and anxiety [\[R, R, R, R, R\]](#).

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Dietary Tryptophan	2	Melatonin500 mcg
3	Regular Sleep Schedule	4	Reduce Artificial Light at Night
5	Mindfulness30 minutes	6	Listen to Music30 minutes
7	Take Naps20 minutes	8	5-HTP100 mg
9	Circadian Rhythm Alignment	10	Napping20 minutes
11	Meditation30 minutes	12	Morning Bright Light Therapy20 minutes
13	Sleep for 7+ Hours		

1



Dietary Tryptophan

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Increase your intake of tryptophan-rich foods in your daily diet. Examples include turkey, chicken, milk, cheese, yogurt, eggs, bananas, tofu, salmon, and nuts such as almonds and peanuts. Aim to incorporate these foods into at least one meal per day to meet the dietary recommendation for tryptophan.

Description

Tryptophan is an essential amino acid that plays a crucial role in serotonin production, contributing to mood regulation and sleep quality. Adequate tryptophan intake through diet supports emotional well-being and overall mental health.

[Tryptophan](#) is an amino acid, or a protein building block. **Humans can’t make tryptophan, so we need to get it from protein-rich foods** [\[R, R\]](#).

Your body uses tryptophan to make [serotonin](#) and [melatonin](#). **These brain chemicals are important for mood and sleep** [\[R, R\]](#).

An average adult needs at least **250-425 mg** of tryptophan per day, which is the amount you can get from [\[R\]](#):

- A pound of turkey or chicken
- Two cups of milk
- An ounce of canned tuna
- Two cups of oatmeal

Other foods high in tryptophan include **cheddar cheese, peanuts, pumpkin seeds, and seafood**. Most people get enough tryptophan from their diets, but supplements are also available [\[R\]](#).

How it helps

Dietary tryptophan is integral for serotonin synthesis, which enhances mood regulation and sleep quality, thereby supporting circadian rhythm alignment. Improved serotonin levels can contribute to emotional stability and overall mental health, especially in individuals experiencing mood disturbances.

2



Melatonin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps

Supplementing with melatonin can enhance sleep quality and regulate circadian rhythms, which is essential for improving mood and reducing symptoms of mood disorders. By facilitating more consistent sleep patterns, melatonin helps mitigate the negative impact of sleep disturbances on emotional well-being.

3



Regular Sleep Schedule

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Adhering to a regular sleep schedule aids in stabilizing circadian rhythms, which enhances sleep quality and optimizes neurotransmitter function. This synchronization is crucial for regulating mood and improving cognitive performance, ultimately supporting better mental health.

4



Reduce Artificial Light at Night

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Starting at least two hours before your usual bedtime, avoid using electronic devices such as smartphones, tablets, and computers. Also, consider using dim red lights for night lights, as red light has the least power to shift circadian rhythm and suppress melatonin. Try to make your sleeping environment as dark as possible by using blackout curtains or a sleep mask.

Description

Reducing artificial light exposure at night involves minimizing exposure to artificial lighting sources, which can disrupt circadian rhythms and sleep patterns. Doing so supports better sleep quality and overall well-being.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may improve your mood, performance, and sleep quality [\[R, R, R\]](#).

However, **exposure to artificial light at night**, for example through the use of phones, tablets, and computers may be harmful [\[R, R, R\]](#).

It may reduce [melatonin](#) production and throw off your [circadian rhythm](#). People with high exposure to artificial light at night like night-shift workers may have an increased risk of [\[R, R, R\]](#):

- Mood disorders (e.g., depression)
- Sleep problems
- Obesity
- Diabetes
- Cancer

How it helps

Reducing artificial light at night helps restore disrupted circadian rhythms, thereby enhancing sleep quality, which is crucial for regulating mood disorders. Improved sleep leads to better overall mental well-being and emotional stability.

5

Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness therapy aids in synchronizing circadian rhythms by reducing stress and promoting emotional regulation, which are crucial for mood stabilization. This practice enhances mental clarity and fosters a positive emotional state, contributing to overall mental well-being.

6



Listen to Music

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Select music that aligns with your preference and listen for at least 30 minutes per day. This can be done while engaging in other activities or as a standalone activity to relax or energize yourself, depending on the genre chosen.

TYPICAL STARTING DOSE

30 minutes

Description

Listening to music can have a positive impact on mental and emotional well-being, reducing stress, improving mood, and even enhancing cognitive performance. Music therapy is used in various healthcare settings to support mental health and overall quality of life.

How it helps

Music therapy aids in regulating mood by facilitating emotional expression and promoting relaxation, which indirectly supports circadian rhythm alignment. Enhanced emotional well-being can improve sleep quality and contribute to a more stable daily cycle.

7



Take Naps

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take short naps of about 20-30 minutes in the early afternoon, preferably between 1 pm and 3 pm, to avoid interfering with nighttime sleep.

TYPICAL STARTING DOSE

20 minutes

Description

Taking short naps, typically lasting 20-30 minutes, can improve alertness, mood, and cognitive performance. Napping can be a beneficial practice for combating fatigue and enhancing daytime productivity.

How it helps

Napping helps regulate circadian rhythms by providing restorative sleep, enhancing mood and alertness while alleviating fatigue. Short naps can improve cognitive function and overall daytime productivity without significantly disrupting nighttime sleep patterns.

8



5-HTP

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 100 mg of 5-HTP as a supplement daily, ideally with a glass of water. It can be taken at any time of the day but taking it at the same time each day may help establish a routine.

TYPICAL STARTING DOSE

100 mg

Description

5-HTP is a building block for serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep. People mainly use 5-HTP as a mood-boosting supplement. It may also help reduce appetite, help with chronic pain and fatigue, and improve sleep quality.

5-HTP is a building block for the “happiness hormone” serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep [R].

People mainly use 5-HTP as a mood-boosting supplement [R, R]. According to early research, it may also:

- Reduce appetite [R, R, R]
- Help with chronic pain and fatigue [R, R, R]
- Improve sleep quality [R, R]

Please note: 5-HTP can interact with SAM-e, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take 5-HTP without consulting your doctor [R, R, R].

How it helps

5-HTP aids in the synthesis of serotonin, which is crucial for mood stabilization, and promotes melatonin production to enhance sleep quality. This dual action can help alleviate mood disturbances associated with circadian rhythm disruptions.

9



Circadian Rhythm Alignment

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Circadian rhythm alignment is the process of adjusting your sleep-wake cycle to match the natural 24-hour cycle of the Earth's rotation. Circadian rhythm alignment has been linked to a number of health benefits, including improved sleep quality, better mood, and reduced risk of obesity, heart disease, and diabetes.

How it helps

Circadian rhythm alignment aids in synchronizing the body's internal clock, leading to improved sleep quality. This regulation of the sleep-wake cycle is crucial for stabilizing mood and enhancing overall psychological well-being.

10



Napping

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a short nap of 20-30 minutes in the early afternoon, ideally between 1 p.m. and 3 p.m., to avoid interfering with nighttime sleep.

TYPICAL STARTING DOSE

20 minutes

Description

Napping involves short periods of daytime sleep and offers numerous health benefits, including improved alertness, enhanced cognitive function, and mood regulation, making it a valuable tool for boosting productivity and overall well-being.

How it helps

Napping strategically can enhance alertness and elevate mood by providing a brief respite for the brain, thereby reducing fatigue and increasing cognitive function. This temporary boost can help mitigate mood disturbances associated with circadian rhythm disruptions.

11



Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Meditation aids in regulating mood by reducing stress levels and enhancing emotional well-being, which can indirectly support the circadian rhythm by promoting relaxation and improving sleep quality.

12



Morning Bright Light Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Expose yourself to a light therapy box, which mimics natural sunlight, for about 20-30 minutes each morning within the first hour of waking up. It's important to do this daily, especially during months with less natural sunlight, to help manage symptoms of Seasonal Affective Disorder (SAD) or other conditions influenced by light exposure.

TYPICAL STARTING DOSE

20 minutes

Description

Bright light therapy, often used to treat conditions like seasonal affective disorder (SAD) and certain sleep disorders, involves exposure to specific wavelengths of light. It can help regulate sleep patterns, improve mood, and alleviate symptoms associated with mood disorders.

[Bright light therapy](#) involves exposing people to artificial indoor light via a “light box.” This box is often placed nearby for 30 minutes each morning. A light therapy box should [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Provide 10,000 lux of light
- Filter out UV light

Light therapy may improve mood and help with certain mental health conditions [\[R\]](#), [\[R\]](#).

How it helps

Morning bright light therapy aids in regulating circadian rhythms by mimicking natural sunlight, enhancing melatonin suppression during the day, which improves sleep quality and overall mood. This approach is particularly effective for individuals experiencing mood disorders linked to disrupted sleep patterns.

13



Sleep for 7+ Hours

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Ensuring 7+ hours of sleep regulates circadian rhythms, promoting optimal hormone release and mood regulation. This restorative sleep supports cognitive function and emotional stability, which are crucial for managing mood disorders effectively.