



# *Tips to keep you airborne!*



How to wake up with a bee in your bonnet  
November 2022

If you're like me and occasionally wake up more than a tad deprived in the zzz's department, you'll be wanting something stimulating to kickstart your day and most likely will reach for a large cup of Joe as a potent fuel injector.

Well, hold that heady horse because according to an article published in the British Journal of Nutrition, you'd best delay having that caffeinated beverage until after you've had brekkie, as coffee consumed beforehand, in such sleep-deprived circumstances, has the potential to disrupt glucose metabolism, which would best be avoided.



Now supposing your calendar for the day is bulging at the seams, here's how to wake up with a bee in your bonnet using a powerful, tried, tested and scientifically backed method, according to Andrew Huberman, neuroscientist and tenured assistant professor of neurobiology and ophthalmology at Stanford University School of Medicine.

First up, haul ass out of bed and view sunlight (without sunglasses) 30-60mins upon awakening. All you need is 5mins if it's a clear day, 10mins if it's cloudy and 20-30mins if it's rainy.



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Sorry to disappoint some of you folks but Huberman reckons that reaching for your phone as a light source is not a viable option. Having said that, if you wake up in the dark, whack on bright artificial light until the sun reaches a low solar angle and out you go.

Light travelling along your optic nerves will communicate a message to your SCN (suprachiasmatic nucleus), the wonderful internal master switch in your brain that guides the circadian rhythm, which will signal an increase in body temperature, which in turn will trigger an early release of cortisol (retinal neurons, apparently, love the blue-yellow contrast in low solar angle sunlight as a means of activating the SCN).

Cortisol, the oft demonized hormone associated with high stress levels, is a wonderful ally when allowed to peak early in the day. It enhances metabolism, immune system, ability to focus mentally and ability to move the body, to name a few.

The early peaking of cortisol then sets a powerful timer for the body to naturally want to fall asleep 16 hours down the track. Now isn't this a no-brainer?

What's more, thousands of peer reviewed studies have concluded that light viewing is the most powerful stimulus for wakefulness throughout the day, not to mention its incredible impact on one's ability to fall and stay asleep.

The trick is to pull on this lever at least 80% of your waking life for optimum results and if you can't get out on any one day, hangout a bit longer the next. Doing so will set all the rhythms in your body in the proper way and it will certainly stop melatonin, a.k.a. the Dracula hormone, from swirling around in your bloodstream when you wake up, not to mention helping wash out any residue of adenosine, the sleep promoting chemical, that puts you to sleep.



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So, there you have it...one, simple, enlightening step to help put a buzzy glide in your stride.

Till next month, here's to low solar angle sun seeking!

*Caroline*

*PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from tips to keep you AIRBORNE when the winds of change get tough.*

*Send an email with "yes, more information please".*

*Spread the word...*



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