

Health | Life | Quantum  
Coach & Retreat Host

Building your perfect  
quantum day  
for optimal  
circadian health

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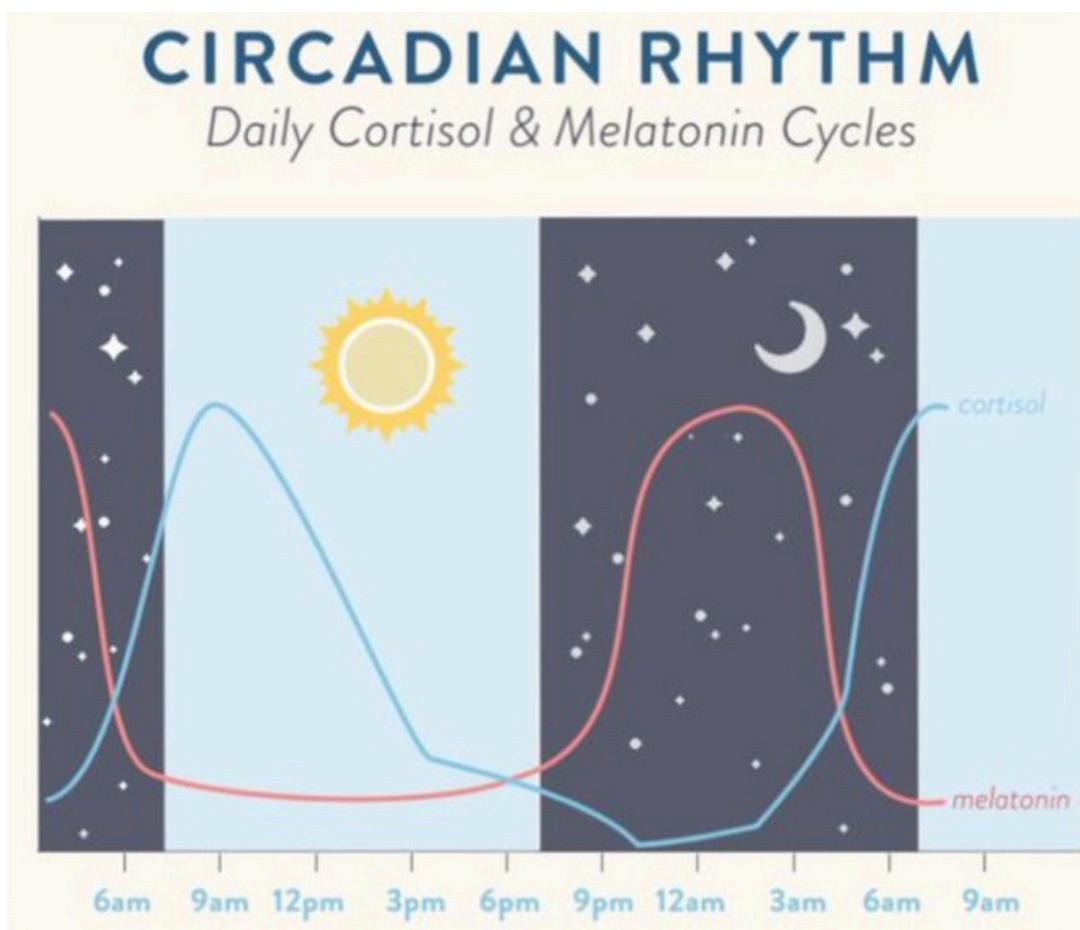


Cortisol & Melatonin are MASTER circadian hormones (along with Leptin) - and these hormones actually impact all of your other downstream hormones!

We want a nice gradual rise of cortisol in the morning and a steady decline during the day so that when we are ready to sleep - cortisol does not block the release of melatonin.

When we plan our optimal Quantum day - it's very important to take this graph into account in how we set ourselves up for the most optimal release of hormones & repair possible.

Melatonin is also vital for leptin to dock to the hypothalamus while you sleep so that your energy output and appetite the next day are appropriate (if this does not happen - your satiety and energy will both be a problem).



As we learned on page one - your body operates on a 24 hour-ish clock & cortisol, melatonin & leptin are your master hormones that truly run the show

Below is a diagram of all the downstream hormones & systems that rely upon light signals - as well as the release of the master hormones to run efficiently.

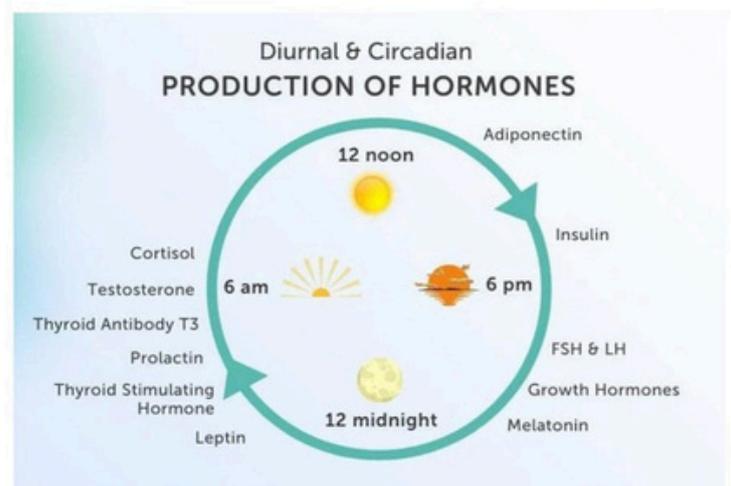
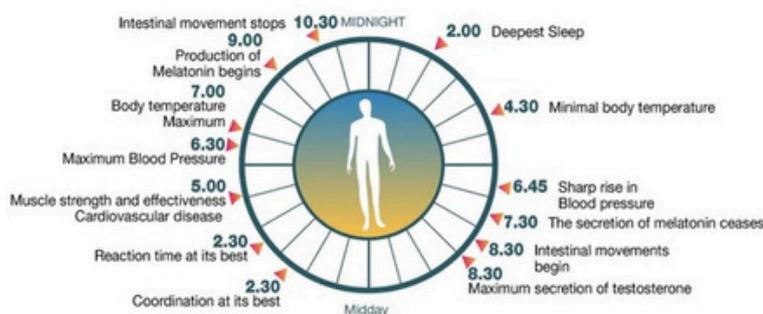
When we plan our optimal Quantum day - looking at these charts can help us think of optimal times for food - temperature and light.

This guide will help you understand how to structure your day optimally so that all of these systems can run properly & you can move towards more balanced hormones & efficiency of energy.

## Your body on a 24 hour (ish) clock

### Your Circadian clock

Without proper light signals - these systems will suffer regardless of diet





# What's the best way to structure your day to build your perfect quantum day?

## Let's start with morning routines!

Ideally you want to catch a few minutes of sunrise before any other light hits your eyes, This allows your body to turn off melatonin and turn on cortisol.

Sunrise is when the sun is between 0-10 degrees on the horizon, you can find out when this is happening by using the [Circadian](#) app

It's ok if there are trees - buildings - clouds or even rain in the way of the sun. You still get the light signal that you need by going outside.

Don't let perfect be the enemy of good!

Stay out for as long as you can - but as little as 1 minute will give your body the correct signal





## Morning routines continued...



If you must look at your phone or other lights before sunrise -keep your phone screen on red using the app Twilight and consider wearing blue blockers (yellow or orange) around your house until you can peek out to see sunrise with naked eyes.

I use Bon Charge glasses. Use QBC at checkout for 15% discount.

If you have to be in your car while sunrise is happening, roll down or crack a window (or open your sunroof). Your body will get the appropriate signal regardless.

If you must be indoors - crack or open a window. Screens are ok - but glass will block some of the beneficial rays



# Morning beverages and food for optimizing your mitochondrial health



Most of us become dehydrated in our sleep (which can slow our metabolism and lead to other health challenges) Starting your morning off with optimal hydration is also extremely important & a glass of clean - structured mineral water is very helpful!

Breakfast is extremely important for balancing blood sugar (which will prevent cortisol from rising too high) - and is optimally eaten between 30 minutes to 1 hour of sunrise. Protein & fat are key!

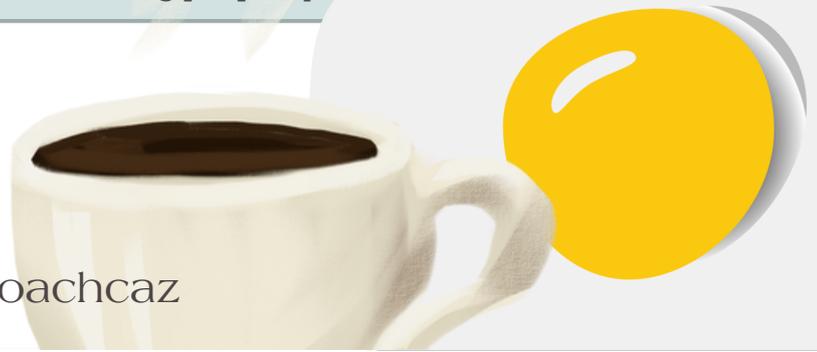
If you wake up super early - just know that the time you eat breakfast will signal your body to wake again the next day.

Eating breakfast alongside morning light will also help you become more leptin sensitive, which will help you have more reliable hunger signals over time & will aid in an appetite correction if there is a weight loss/gain goal. While you are adjusting to your new routine - you might temporarily be more hungry through the day - but this will correct within a week or two AND you will experience more stable energy!

Fasting is an excellent way for the body to heal and repair, but from a circadian perspective, it's most beneficial to eat during daylight hours and fast at night. The earlier you stop eating, the more effectively your body can reduce inflammation. Eating late, especially after 9 PM, can hinder this process and prevent inflammation from decreasing properly.



@healthcoachcaz



# Protecting your eyes before sunrise & when you are under artificial light during the day



At home - waking up before sunrise: Wear orange or red blue blockers around the house. (Orange if you have a lot of things to do & need to see your way around safely)

These bulbs are also great if your family will tolerate them in your household lighting!

Up before sunrise & have to drive somewhere: Wear yellow while driving (never wear red or orange while driving)

Get morning light in your eyes before screens for your best health & eyesight! At least 5 minutes of sunrise & 5 minutes of UVA (longer if you can).

Try to let sunlight be the first light that your eyes see each day.

Use the Circadian Life app to find out sunrise and UVA times.

Last option (will not be as effective if scratched, and you can also wear OVER your prescription glasses)

While working on screens or under artificial light during the day wear yellow blue blockers - but ALSO make sure you take breaks to see natural light as often as you can during the day.



# Daytime routines: Cold/Hot therapy/exercise & dinner



- Food and temperature are both called "zeitgebers"- which essentially means "timekeepers". They are secondary circadian signals (behind light). When you consider that in the morning we want our body
- temperature to RISE gently - eating a blood sugar friendly breakfast and exposing the body to cold are both helpful.

- Cold therapy actually increases your body temperature, and the optimal time of day to do cold therapy is in the morning! (You can also do during the day - but try to keep it at least 4-5 hours before bedtime)
- Cold therapy can be anything that is colder than your body temperature, dunking your face in a bowl of ice water, walking outside in the cold, a cold shower or a full body immersion.

- Sauna is best done in the afternoon/early evening (do not do too close to bed if you do an intense session....try to leave a few hours before bed if possible)
- A warm bath can be done right before bedtime & is the perfect way to begin to cool down your body temperature.

- Exercise is fantastic anytime you can do it - but intense exercise is best done in the middle of the day & should be avoided first thing in the morning fasted if you have a leptin or cortisol issue. (for these cases - walking in the morning is helpful)
- Eating should be kept 3-4 before bed (or a snack that won't raise insulin before bed so that leptin can still dock to the hypothalamus;



# Evening routines



As mentioned above - try to keep dinner 3-4 hours away from bed!

Insulin will compete with leptin for docking space at the hypothalamus.

Eating will also create a little rise in cortisol - which will compete with melatonin - as well as increase your body temperature.

If you are extremely hungry -a small snack like a spoonful of healthy fat can do the trick & won't cause an insulin issue for most people.

Keep your evening as relaxed as you can & power down your devices an hour or so before bed.

Avoid sleeping with phones and devices in your bedroom & definitely not charging next to your bed.

Devices/phones emit NEMF - which is an invisible form of light you cannot see, but your pineal gland can see and sense. This will create a situation where melatonin production is blunted or delayed.

If you choose to watch TV or consume media - remember that this can also create an issue with cortisol if what you are consuming is especially stressful or exciting.

# Protecting your eyes at night



If indoors - wear orange blue blockers after sunset & consider changing your lightbulbs to incandescent.

If outdoors and walking around after sunset or driving after sunset - wear yellow glasses.

30 minutes to one hour before bed - put on red glasses.

if you can only afford one pair of glasses - get red glasses and wear them only when you are indoors (for safety).

If watching TV - consider a blue light blocking screen that covers your TV from

You can also use red light bulbs or a red light panel to light your home (keep it on the floor). My favorite are products from Bon Charge, (these are also great to use if you wake up before sunrise).

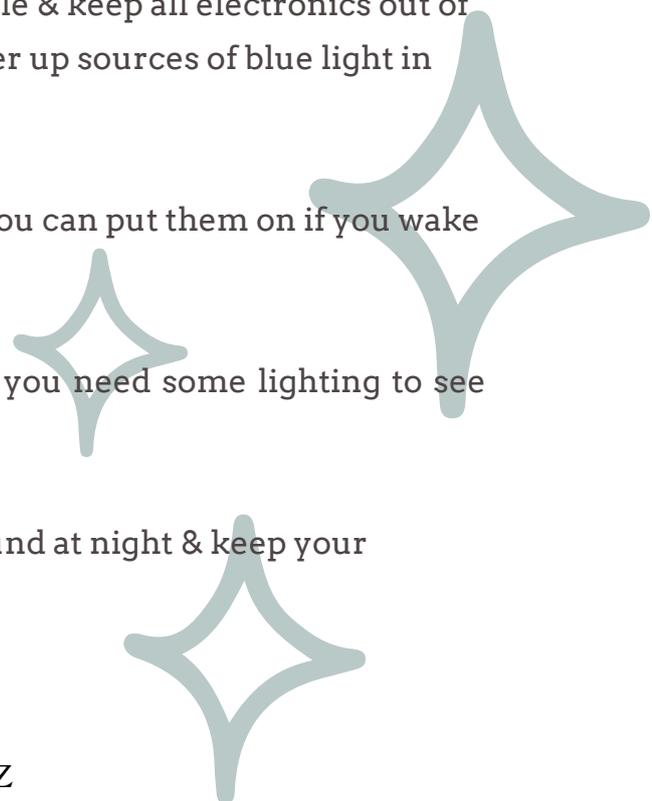
Sleep with as little light in your bedroom as possible & keep all electronics out of the bedroom if possible. Use electrical tape to cover up sources of blue light in the bedroom.

Keep your blue blockers beside your bed so that you can put them on if you wake up before sunrise.

Use a red night light or an amber clip on light if you need some lighting to see your way to the bathroom at night.

You can also use a headlamp to find your way around at night & keep your circadian health intact.

Low EMF alarm clock



# other tips:

- Remember that sunlight is the best light for your eyes (specifically the red light at sunrise and sunset).
  - Do not look directly into the sun. Taking breaks to go outside to see natural light is very important - especially if you are under lots of artificial lights and cannot open a window.
  - If you wear glasses - try to take them off for sunrise and sunset. Be safe & don't walk around with no glasses! Consider wearing them towards the end of your nose.  
Bon Charge make great prescription glasses.

Ready to learn more?

Here are some great Quantum Health Podcasts

Dr Max Gulhane

Quantum Biology Collective

Carrie B Wellness

Sarah Kleiner Wellness



Feel free to reach out with any questions you may have, or to join my 6-week health reset program, contact me at [carolyn@healthcoachcaz.com](mailto:carolyn@healthcoachcaz.com).

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only & not medical advice.

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