

CIRCADIAN RHYTHM + BLUE LIGHT HACKS

Regulate your circadian rhythm, regulate your hormones!

BLUE LIGHT HACKS

Limit Blue Light Exposure After Sunset

Blue light tricks your brain into thinking it's still daytime, suppressing melatonin, your body's natural signal to wind down. Low melatonin disrupts sleep, progesterone, and cortisol balance, and long-term can even affect thyroid and reproductive hormones.

Turn off screens (or dim them) at least 1–2 hours before bed.

Use "Night Shift" mode on phones/computers or apps like f.lux (for desktops) or Iris (more customizable) or Twilight. Just google how to do this on the model of phone you have. It's super easy and makes a big difference.

Use Blue Light Blocking Glasses after sunset; Amber- or red-tinted glasses are best as they filter out blue wavelengths and they've been shown in studies to boost melatonin levels, improve sleep quality, and reduce cortisol elevation at night. My favorite brands are from www.blockbluelight.com or SleepZM (you can find links and discounts on products on my site YesYouCanGetPregnant.com)

Avoid Overhead LED Lighting at Night. Most LEDs are high in blue light, especially cool/white-toned bulbs. Switch out the light bulbs in the rooms you spend the most time in at night to red/amber light bulbs. They actually create a very warm light. I buy mine from www.blockbluelight.com or really any low watt amber/red light bulb will do. You can find plenty of options on Amazon.com And/or try salt lamps, Himalayan glow lights, or warm-hued smart bulbs with timers.

Hormones like insulin, leptin, ghrelin, and cortisol also respond to light cues so it's best to avoid eating late at night, especially under bright lights—this can worsen insulin resistance and disrupt estrogen/testosterone balance.

Reduce EMF + Screen Use Around Sleep It's not just blue light—screen stimulation itself (scrolling, stress, notifications) can spike cortisol at night and delay melatonin. Try to unplug 30–60 minutes before sleep, and keep your phone out of the bedroom if possible

Aimee Raupp

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CIRCADIAN RHYTHM + NATURAL MELATONIN SUPPORT

Light & Circadian Rhythm Support

- **Morning sunlight:** Getting 10–20 minutes of natural light exposure soon after waking helps set the circadian clock and primes melatonin release at night.
- **Dark evenings:** Melatonin is suppressed by light — especially **blue light**. Dim household lights after sunset and avoid screens for 1–2 hours before bed (or use blue-light-blocking glasses).
- **Complete darkness at night:** Even tiny amounts of light (like a phone charging light) can suppress melatonin. Use blackout curtains or an eye mask.

Nourishing with Melatonin-Rich or Precursor Foods

- Some foods naturally contain melatonin or support its synthesis from tryptophan:
 - **Eggs, fish, nuts, seeds, and poultry** → rich in tryptophan (building block for serotonin, then melatonin).
 - **Tart cherries, walnuts, almonds, pistachios** → naturally contain melatonin.
 - **Bananas, oats, tomatoes, grapes** → support serotonin and melatonin pathways.

Lifestyle Practices

- **Regular sleep-wake schedule:** Going to bed and waking up at consistent times strengthens circadian rhythm and supports predictable melatonin release.
- **Evening relaxation:** Gentle yoga, meditation, breathwork, or warm baths lower cortisol, which otherwise blunts melatonin production.
- **Exercise timing:** Moderate activity during the day improves nighttime melatonin release, but intense workouts too close to bedtime can suppress it.
- **Cool bedroom:** Melatonin rises with a natural drop in body temperature. Aim for ~65–68°F (18–20°C) at night.
- **Avoid alcohol and caffeine late in the day:** Both disrupt melatonin's natural rise.
- **Mind circadian misaligners:** Shift work, late-night eating, and jet lag all blunt melatonin — meal timing earlier in the evening helps.

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