

BOOKEND YOUR DAY WITH ENERGY OPTIMIZING PRACTICES

Everything you do either drains or restores energy. Making better choices throughout the day maximizes performance and recovery.

DAY: WAKE

- Wake up naturally if possible
- Get sunlight early
- Move early
- Move often
- Honor physiological trough
- Transition with poise
- Be outside for dusk



NIGHT: SLEEP

- Dim lights
- Cool room to 66-70 F
- 1-hour rule: end screen time before bed
- 30-minute rule: sleep and wake at roughly the same times daily
- Park worries