# Reset Your Circadian Rhythm: The Natural Way to Reduce Stress and Sleep Better

Have you ever felt exhausted even after a full night's sleep? Or found yourself wide awake at midnight, struggling to doze off? Your body's natural clock—called the circadian rhythm—might be out of sync!

What is Circadian Rhythm and Why Is It Important?

Circadian rhythm is your body's internal 24-hour clock that controls sleep, digestion, hormone release, and even your mood. It is influenced by natural light, meal timings, and daily activities.
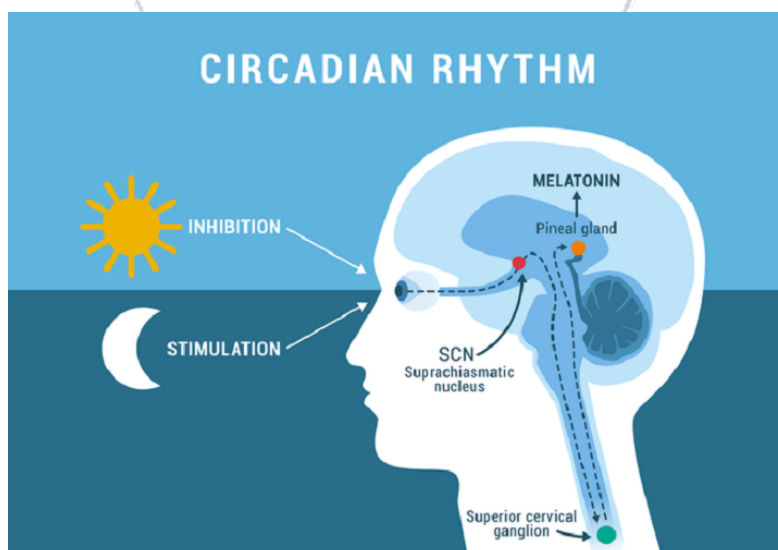
When your rhythm is aligned, you wake up feeling fresh, stay alert during the day, and sleep peacefully at night. But when it's disrupted—due to irregular sleep, excessive screen time, or stress—you may face problems like:

- Poor sleep quality
- Increased stress and anxiety
- Low energy levels
- Digestive issues
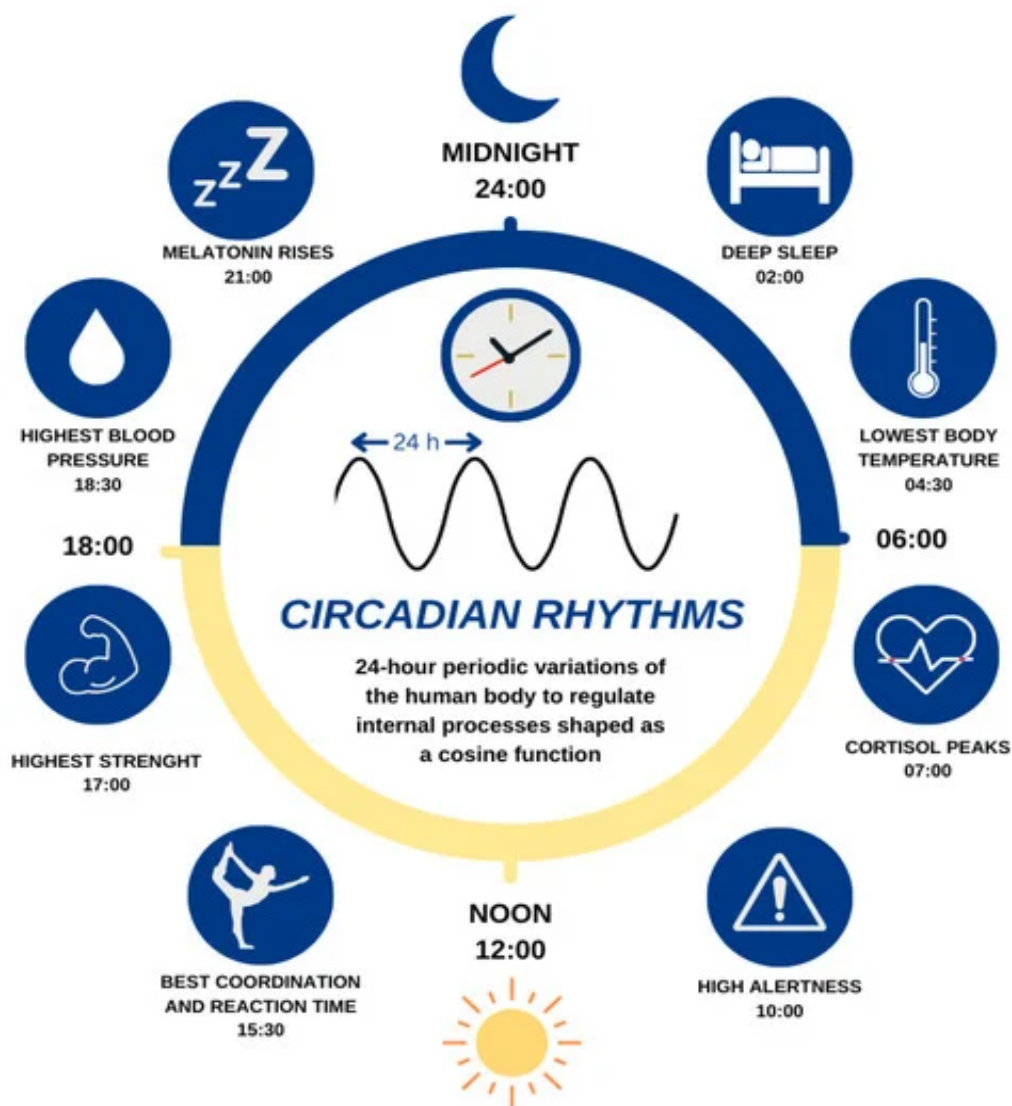
How to Reset Your Circadian Rhythm Naturally

1. Wake Up and Sleep at the Same Time Daily

Your body loves routine! Try to:

- Wake up between **5:30 – 7:00 AM** (depending on your lifestyle)
- Sleep by **10:00 – 11:00 PM** for better hormone regulation
- Maintain the same sleep schedule even on weekends

If you sleep at 1 AM and wake up at 9 AM on weekdays but sleep at 3 AM on weekends, your body gets confused. Set a fixed time and stick to it!

2. Get Morning Sunlight

- Sunlight in the morning signals your brain to wake up and be active.
- Spend **10-30 minutes** in sunlight between **6:30 – 9:00 AM**.
- Even sitting near a sunny window or walking on the terrace helps!

In many Indian households, elders sit in the sun in the morning while reading newspapers or having tea. This is a great habit!

3. Avoid Bright Screens at Night

- Mobile phones, TVs, and laptops emit **blue light**, which confuses your brain into thinking it's still daytime.
- Avoid screens **1-2 hours before bedtime**.
- Use **yellow/warm light bulbs** at night for a calming effect.

Instead of scrolling Instagram before bed, try reading a book or listening to calming music.

4. Eat Your Meals on Time

- Your digestion follows a natural rhythm too!
- Have **breakfast before 9:00 AM**, lunch by **1:30 PM**, and dinner before **8:00 PM**.
- Avoid heavy or spicy meals at night.

Many people in India still follow the traditional habit of eating dinner before sunset, which aligns well with circadian rhythm.

5. Be Active in the Day, Relax at Night

- Do **yoga or a brisk walk** in the morning for better energy.
- Avoid intense workouts late at night, as they can keep you awake.
- **Deep breathing exercises** or **meditation** in the evening can prepare your body for restful sleep.

Practicing Surya Namaskar in the morning is a great way to wake up the body naturally.

6. Limit Caffeine and Late-Night Snacks

- Avoid **tea, coffee, or aerated drinks after 4 PM**.
- Drinking **warm milk with turmeric** at night can promote better sleep.
- Have **light snacks like fruits or nuts** instead of fried food if you feel hungry at night.

Many Indian households drink warm milk with a pinch of turmeric before bedtime—it's not just tradition, but science-backed!

7. Create a Calming Night Routine

- Dim the lights an hour before bed.

- Take a **warm bath** or do **gentle stretching**.

- Listen to **relaxing music or nature sounds**.

- Keep your room **cool, dark, and clutter-free**.

Many people apply coconut oil on their feet before bed—it's a simple but effective method to relax!

How a Healthy Circadian Rhythm Reduces Stress

When your body is well-rested and follows a regular cycle, your stress levels drop naturally. Here's how:

- **Improved Sleep = Better Mood**: Deep sleep reduces anxiety and emotional stress.

- **Stable Energy Levels**: No more afternoon crashes or morning sluggishness!

- **Balanced Hormones**: Reduces the overproduction of cortisol (stress hormone).

- **Stronger Immunity**: A well-rested body fights infections better.

A study published in **PubMed** showed that aligning sleep schedules with natural rhythms helps lower stress and improve cognitive function ([source](#)).

Your circadian rhythm is like a natural GPS for your body. When you reset it properly, you feel more energetic, less stressed, and healthier overall.

◆ **Start small**—pick one or two habits from this list and practice them daily.

◆ **Be patient**—your body will take some time to adjust, but within a few weeks, you'll feel the difference.

◆ **Listen to your body**—it knows what's best for you!

Warmly,

Dr. Aditi Garg