



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

Even with healthy eating, exercise, and hydration, irregular sleep keeps your body in “catch-up mode.”

One of the easiest ways to boost energy, mood, and overall health is simply going to bed and waking up within the same 30-minute window each day. For context, your brain and body run on an internal clock, the circadian rhythm, that regulates everything from hormone production to digestion to immune defense. Research cited by the NIH and Harvard Sleep Research shows:

- Stable sleep timing improves sleep efficiency, meaning you spend more of your time in bed actually sleeping rather than tossing around.
- Consistent sleep schedules regulate cortisol and melatonin, which directly impact mood, stress response, and daytime alertness.
- People who maintain regular sleep times have better immune function, fewer colds, and reduced inflammation markers compared to those with irregular sleep patterns.
- Even when total sleep hours are the same, irregular timing is linked to slower recovery, impaired cognitive performance, and decreased metabolic health.

In short: your body loves rhythm. And when you give it one, it rewards you with better energy, resilience, and clarity.

TEST IT OUT

For the next week, don't change anything about your routine. Simply write down how you feel each morning (i.e. well rested, tired, anxious, etc.). Next week, try to go to bed and wake up around the same time everyday this week, again writing down how you feel. Notice a difference?

