

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 11 – Know Your Bird Type

Welcome to Day 11. Glow 15. I want to know. Are you a lark? Are you a hummingbird? Or are you an owl?

These are the things that will help us in so many different ways figure out what the natural rhythms of our body are. You probably already heard about circadian rhythms. I'm sure you've read about them.

What's fascinating is the 2017 Nobel Prize in medicine was actually given to the scientists here in the US who discovered how circadian rhythms or our biological clock, impacts all areas of our health, both today and in the future.

My goal for you today is to discover your own biological clock and understand the ways that you are messing with your circadian rhythms and how we can get it back on track. Something you may or may not know is that we sleep typically in 90-minute cycles.

I didn't know that 7 1/2 hours of sleep for me was actually better than 8 hours of sleep for me until I met the world famous Michael Breus. He is considered America's sleep doctor. I was so excited to learn that from him that I thought, "I've got to bring him into Glow 15."

Thank you, Dr. Michael Breus for building out the entire program that we use in my book and its relationship to how autophagy is activated through our biological clock, through our circadian rhythm. It's really not that hard.

What I want you do, if you haven't already done it, is take your bird type quiz. Figure out what type of bird you are, so that we can then start working with your own circadian rhythm to make sure that you're getting all of the benefits of this little clock that controls so many parts of our lives.

I'm going to give you a couple of additional tips and other examples so that you have better understanding of what circadian rhythm really means to you.

When you travel, you may have traveled into different time zones, which will have impacted you and your overall circadian rhythm by causing something like jet lag. I'm in California today, but I traveled from the East Coast. When I first got here, I was feeling a little bit tired. I wanted to go to sleep earlier than I needed to. And of course I want to wake up three hours earlier than I need to wake up here.

So, what do I do? How do I help my circadian rhythm to get onto track with the effect of jet lag? It's not that hard. I work with melatonin, which you'll read all about in the book. Dr. Breus tells us how and when to take it. I also work with using some very simple techniques to help my body get into a rested state and sleep well.

I always focus on making sure that I get full cycles of 90 minutes of sleep. Not more and not less, so that I get all of my beauty sleep. I get the REM phase and everything that I need. In addition to that, Dr. Michael Breus tells us that it's very important to power off 90 minutes before we go to bed.

I do that in addition to getting my room to no more than 65 degrees. Most of us keep our rooms much warmer than that, but 65 degrees is actually the right temperature to get our body to really benefit from our circadian rhythm.

That's it for today: Glow 15, Day 11. Know your bird type. Learn more about how you incorporate

your own circadian rhythms into your life, now that you know how important they are, not just for today but also for your longevity and your health and well being in tomorrow.

Best in health.

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Thank you, Dr. Michael Bruce for building out the entire program that we use in my book and it's relating to how [autophagy 00:01:28] is activated through our biological clock, through our circadian rhythm. It's really not that hard.

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