

MORNING ROUTINE:

20/20/20 Method: 20 min of exercise (generates dopamine, neurotransmitter responsible for motivation), 20 min of planning (gives you clarity), 20 min of reading (personal development)

5 Minute Journal: Only takes 5 minutes, and asks empowering thought-directing questions to boost your mood and productivity. (www.fiveminutejournalapp.com)

WORK ROUTINE:

F.lux software: This software warms the light of your computer. Relieves eye fatigue due to virtual worker's screen time & lowered blink rate.

Standing desk (Ergodrive Spark): Sitting is the new smoking. Improve posture and circulation throughout the day. (www.ergodrive.com/spark)

Pomodoro Technique: 25 min of work, 5 min of break. Repeat. These intervals to help you stay focused. (www.pomodortechnique.com)

EVENING ROUTINE:

Blue light blocking glasses: Helps melatonin production for better sleep. Wear in the evening to block blue light that disrupts your circadian rhythm.

Non-caffeinated tea with honey and apple cider vinegar: Great cocktail for relaxation and winding down the mind.

Sleep in pitch black, cold room: According to the Light Research Center, even the tiniest bit of light in the room can disrupt your internal clock and your pineal gland's production of melatonin and serotonin. For ultimate restoration and deep sleep, sleep in a pitch black, chilly room.