



BIOHACK #2

RHYTHM & ROUTINE

BIOHACK #2 — Master Your Rhythm

Your body runs on a natural 24-hour cycle
— the circadian rhythm.

Mess with it, and everything from sleep to
energy to digestion breaks.

Melatonin isn't a "sleep drug" — it's your
brain's internal signal that the day is over.
Without darkness, it won't show up.

1

WAKE UP AT THE SAME TIME DAILY

→ Even on weekends. It trains your internal clock

2

WIND DOWN WITH A SET EVENING RITUAL

→ Repetition = neurological signal for sleep readiness

3

AVOID LATE-NIGHT EATING

→ Food timing shifts your circadian signals



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