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**UPDATE WITH YOUR TRACKING LINK IN THE YELLOW SECTION WITHIN THE BODY OF THE EMAIL BELOW**

**Subject:** Join the FREE Circadian Challenge & Sleep Better!

Dear [First Name],

Are you ready to “spring forward” on March 9th?

Does the time change always throw you off?

Want to get ahead of it and feel your best by aligning with your body’s natural rhythm?

While Daylight Saving Time (DST) saves energy and gives us longer evenings, it can also leave us feeling groggy, out of sync, and less productive for days. Plus, did you know the rate of car accidents and workplace incidents rises after we change the clocks?

It might seem like a small shift—just one hour—but chronic misalignment with your circadian rhythm can have a big impact on your health. Over time, it’s linked to a shorter life expectancy, mental health challenges, and decreased cognitive performance.

But here’s the good news: This time, you can easily take charge and navigate the change!

The Circadian Challenge isn’t just about adjusting to the time change—it’s about realigning your body with nature’s 24-hour rhythm. When you’re in sync, everything falls into place: your metabolism, appetite, sleep, mood, and hormones—leaving you feeling more vibrant, energized, and focused.

Here’s a breakdown of the daily topics:

- **Day 0: Thursday, March 6** - Get ready! Prepare for the Circadian Challenge
- **Day 1: Friday, March 7** - Tap into the power of morning light to boost energy and focus
- **Day 2: Saturday, March 8** - Use evening darkness to improve sleep quality and relaxation
- **Day 3: Sunday, March 9** - Create rituals that set you up for sound, restful sleep
- **Day 4: Monday, March 10** - Discover how to use melatonin for improved sleep quality
- **Day 5: Tuesday, March 11** - Get practical tips for staying in sync and feeling your best

Join the FREE 5-day Circadian Challenge from **March 7 to 11** for simple strategies that will help you optimize your energy, sleep, and overall health. By understanding the powerful impact of

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light and darkness on your body's natural rhythm, you'll confidently embrace the shift—and feel your best throughout the season.

To get started, [learn more here](#).

You can also prepare for the challenge with Herbatonin! Seasonal shifts can disrupt your sleep cycle, but Herbatonin helps reset your circadian rhythm and supports the restful, rejuvenating sleep your body craves. It keeps you in sync with your natural rhythm so you can fall asleep faster, stay asleep, and enjoy deep, uninterrupted rest. With improved sleep quality, you'll wake up feeling refreshed, focused, and ready to take on the day. Plus, Herbatonin helps maintain a consistent sleep routine during time changes and throughout the year. To support you during the challenge, you can get FREE SHIPPING until March 11, so you can stay on track and feel your best during the time change and beyond.

[Get Herbatonin now here.](#) UPDATE WITH YOUR LINK HERE

Last but certainly not least, you can work with a Circadian Health Coach to craft a personalized lifestyle plan tailored to your unique needs. A Circadian Health Coach can help you:

- Understand light and when to use it: You'll learn how to incorporate the right type of light at the time of day you need it to support better sleep, more energy and overall well-being.
- Optimize your nights for better days: Your coach will assess your daily habits and environment to determine if you're getting enough darkness to support your circadian rhythm—along with personalized tips for your daily routine.
- Identify signs of low melatonin: You will discover whether melatonin imbalances are affecting your sleep and mood—helping you to track patterns and recommending strategies to boost your melatonin.
- Plan for quality sleep: You will receive a tailored sleep strategy based on your unique sleep challenges—whether it's falling asleep, staying asleep or waking up refreshed in the morning.
- Regulate eating for stronger metabolism: Your coach can work with you to analyze your eating habits, energy levels and metabolism—along with a personalized meal timing plan to optimize your digestion and energy throughout the day.

[Sign Up for a Session with a Circadian Health Coach](#)

I'm excited to embark on this journey with you and help you embrace the shift confidently and feel your best as we move through the season.

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Looking forward to seeing you there,  
[Your Name]