

The Sleep Fix - Circadian Rhythm Optimization Program

Your circadian rhythm is literally a 24-hour clock built into your brain, and it's a major controller of dozens of hormones and neurotransmitters that control everything from your sleep to your energy levels, to your brain function, and even how fat or lean you are.

- Energy level
- Brain function
- Metabolic rate ("metabolism")
- Body composition (how fat or lean you are)
- Mental and physical performance
- and much more!

And if you want to have amazing deep sleep and all-day energy, you **NEED** to know how to optimize your circadian rhythm.

Maybe you already **KNOW** your issue is sleep.

Or perhaps you've "tried everything"... But you're still struggling with your health and energy...

Here's the good news: **Your CIRCADIAN RHYTHM (your body's biological clock) is your hidden path to health.**

And there are solutions!

Here are 5 Vitally Important Facts to Support You.

Fact #1: Optimizing Your Circadian Rhythm Is The Biggest Secret of Health, Energy, and Sleep Optimization

People talk about diet and exercise, and even talk about "getting your 7-8 hours of sleep."

But here's what they don't know: Optimizing your circadian rhythm is a **MAJOR KEY** to amazing health, energy, and disease prevention.

And almost no one is talking about the keys to optimizing circadian rhythm.

I've spent over 10 years digging through over 6,000 studies on circadian rhythm science, and I've developed the most advanced scientific **BLUEPRINT** for optimizing your circadian rhythm in existence.

What Optimizing Your Circadian Rhythm With This System Does For You:

- **Fix night-time awakenings**
- **Fix insomnia**
- **Dramatically increase your energy**
- **Fix trouble falling asleep due to a racing mind**
- **Boost your mood and brain function**
- **Dramatically decreases your risk of the major killers like heart diseases, diabetes, cancer and more**
- **Sleep deeper than you have in years or decades**
- **Wake up bursting with energy every morning!**

This isn't some insomnia gimmick – some new device claimed to fix your sleep that doesn't actually work.

Nor is this just some sleeping pill, which seems like a good solution at first, but then you later find out that it stops working, and causes a whole bunch of nasty side effects.

This is literally the most advanced scientific protocol for sleep and circadian rhythm enhancement ever developed.

It is the science-proven path to rewiring your biology for deep sleep and amazing energy levels.

Yes! I need the Sleep And Circadian Optimization Protocol

FACT #2 – The Single Biggest Cause Of Poor Sleep Is Disrupted Circadian Rhythm. And Almost EVERYONE Has A Dysfunctional Circadian Rhythm!

Our bodies respond to visual cues in our environment, chiefly light and darkness, to release hormones and neurotransmitters that either power us up and awake for daytime or prepare us for sleep and repair.

To simplify:

- Light = cue to the brain to be awake, alert, active and go into ENERGY mode
- Darkness = cue to the brain to be tired and go into SLEEP mode

THE MODERN WORLD IS FUNDAMENTALLY NOT ALIGNED WITH OUR BIOLOGY, AND IS MESSING UP OUR BRAIN'S CIRCADIAN RHYTHM

So if this is how we're biologically wired, then why is the system malfunctioning and causing sleep issues and fatigue?

The answer: Because the modern world we live in is fundamentally mismatched to the signals our biology – and our circadian rhythm in particular – is designed for.

See, humans are designed for an outdoor existence in tune with the rise and fall of the sun.

We're not designed to be indoors almost all day, and then to be staring at all sorts of artificial light sources after the sun sets.

Simply put: Virtually all of us in modern society are suffering from one degree or another of circadian rhythm disruption.

In short...

We're not getting enough of a Daytime/Energy Mode signal into our circadian clock in our brain during the daytime (when we should be getting it)

We're getting way too much of a Daytime/Energy Mode signal at night (when we shouldn't be getting it).

This may seem to be a trivial difference to you. But what if I told you that it is the difference between normal vs. abnormal levels of dozens of hormones and neurotransmitters that affect everything from your mood, to your metabolism, to how fat or lean you are, to clearing toxins out of your brain and body, to ridding the body of DNA-damaged cells (critical for preventing cancer), to your sleep, to your energy levels?

Would you still think it was trivial?

In fact, that is precisely what our circadian rhythm does.

The problem is so widespread that Harvard doctors recently published an article called "The Dark Side of Blue Light" where they talked about how the modern world is chronically disrupting our circadian rhythms.

Here's a nice summary from researcher George Brainard, PhD:

"Humans evolved on a planet without electric light over thousands and thousands of generations. The body is designed to be alert and awake during daytime hours and to sleep at night. Now we have a 24-7 society that isn't in harmony with our biological design."

Most people are sleeping 1-4 hours less than is optimal for health and energy. But there's an even bigger problem: The QUALITY of the sleep has taken a huge hit.

Did you know that living with sleep deprivation, even for a short time, can have brutal effects on your physical and mental health?

Consider this:

- In 1910, the average American slept 9 hours per night.
- As of 2019, the average is just 6.8 hours per night.

Chronic, low-level sleep deprivation of not sleeping 1-4 hours as long as your body really needs is an epidemic.

But believe it or not, there's something even worse going on...

... it's not just the number of hours that have decreased, but the **QUALITY** of the sleep during those hours has also take a massive hit.

Why? Because of how the modern world causes our body's biological clock (our "circadian rhythm") to dysfunction.

It turns out that it's not just the number of hours we sleep, but the **QUALITY** of the sleep during those hours. In other words, whether our brain can enter the phases of deep sleep that it needs for cellular regeneration.

What controls that?

Your circadian rhythm!

The single biggest factor behind the modern epidemic of insomnia and poor sleep, is very simple: Poor circadian rhythm habits, and living in an environment that is fundamentally at odds with our circadian rhythm.

Fact #3 – Dysfunction Of Our Circadian Rhythm Is The Single Biggest Cause Of Fatigue For People In The Modern World

It's not just sleep that suffers when your circadian rhythm is chronically disrupted — your **ENERGY** during the day also takes a massive hit.

This is because the circadian rhythm controls **BOTH** the hormones and neurotransmitters that control sleep at night **AND** the hormones and neurotransmitters that control wakefulness and **ENERGY** during the day.

That's the other side of the circadian rhythm. It controls what happens in your body during both the darkness period and the daytime (light) period of the 24-hour day.

Basically, think of it like this...

Sleep and energy are two sides of the same coin – and they are connected via the circadian rhythm.

The circadian rhythm in your brain is designed to regulate neurotransmitters and hormones that impact BOTH how ENERGIZED you are during the day, AND how easily and deeply you sleep at night.

Our bodies respond to visual cues in our environment, chiefly light and darkness, to release hormones and neurotransmitters that either power us up and awake for daytime or prepare us for sleep and repair.

“Circadian rhythm is being tied to so many important functions. We’re just beginning to discover all the molecular pathways that this gene network regulates. It’s not just the sleep-wake cycle. There are system-wide, drastic changes.”

~ Joseph Takahashi (Neurobiologist)

As explained in this study titled “Life between Clocks: Daily Temporal Patterns of Human Chronotypes”:

“Our results predict that the timing of sleep has changed during industrialization and that a majority of humans are sleep deprived during the workweek. The implications are far-ranging concerning learning, memory, vigilance, performance, and quality of life.”[1]

But it’s not just hormones and neurotransmitters...

Your circadian rhythm also directly influences your actual cellular energy generators (your MITOCHONDRIA) that provide that energy to virtually all the trillions of cells in your body.

Melatonin is the most potent protector of your mitochondria. Most people know melatonin as a sleep-inducing hormone. And it is certainly that.

But most people have absolutely no idea that melatonin is absolutely vital for mitochondrial function, protects mitochondria from damage, and is vital for mitochondrial regeneration while we sleep.

There are a number of impressive – and little known – studies showing how vital it is for mitochondrial health that you produce LOTS of melatonin each night while you sleep. The melatonin we release that prepares us for sleep nourishes the mitochondria in numerous ways including:

- Acts to prevent free radical damage directly in the actual mitochondria (which is very unique to melatonin since virtually all other “antioxidants” cannot do this)[2][3][4][5]
- Regulates of mitochondrial bioenergetic function and maintains respiratory complex activities, electron transport chain, and ATP production in mitochondria [6] [7] [8]

- Acts as a neuroprotectant in the brain, preventing the kind of oxidative stress/nitrosative stress-induced mitochondrial dysfunction seen in experimental models of Parkinson's, Alzheimer's, and Huntington's disease [9]
- Slows aging [10][11]
















And here's the big problem:

When you have poor circadian rhythm habits, you have less melatonin in your body that can get to the mitochondria.

Too much blue light at night (and blunted circadian rhythm in general, from poor circadian rhythm habits) greatly inhibits melatonin release, which directly leads to grossly negative impacts upon mitochondrial dysfunction, causing mitochondrial fragility and die-off.[12][13][14]

Over time, what that means is that mitochondria will accumulate more damage, will not function as well, and you will not rebuild new healthy mitochondria nearly as well. You'll be slowly accumulating more and more damaged and defective mitochondria, and inevitably, you will end up fatigued.

Proof Content

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	2. Lesson 2	 	840.2 MB
	3. Lesson 3	 	197.7 MB
	4. Bonus – The Ultimate Guide To Red Light Therapy	 	379 MB
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