Time Change Reset Checklist

Use this simple guide to help your body adjust to the time change naturally.
Each day, check off 1–2 actions from each "rhythm lever."

He made the moon to mark the seasons, and the sun knows when to go down." — Psalm 104:19

Consistency — not perfection — is what helps your body thrive.

1 - LIGHT: Anchor Your Wake-Up Hormones

- ☐ Get 5–10 minutes of **morning sunlight** before 9 AM (step outside or open blinds).
- ☐ Dim household lights **1 hour before bed.**
- ☐ Avoid bright screens in the last 30 minutes before sleep.

"Let there be light…" — *Genesis 1:3*

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2 - MOVEMENT: Signal the Start of Your Day

- ☐ Do gentle **morning movement** (stretching, walking, or light chores).
- ☐ Get some **afternoon movement** to boost energy and reset focus.
- ☐ Avoid intense exercise too close to bedtime.

"In Him we live and move and have our being." — *Acts 17:28*

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3 - FOOD: Fuel Your Body Clock

- ☐ Eat breakfast **within 60 minutes** of waking.
- ☐ Keep dinner **2–3 hours before bed.**
- ☐ Avoid caffeine after **1 PM.**

"Whether you eat or drink, do it all for the glory of God." — *1 Corinthians 10:31*

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4 - TEMPERATURE: Harnessing God's Natural Climate

- ☐ Keep your bedroom **cool (65–68°F)** and dark.
- ☐ Warm your morning with a hot shower or drink
- ☐ Consider how activity through the day contributes to body temperature

"...for He gives to His beloved sleep." — *Psalm 127:2*

5- REST: CREATING A WIND DOWN

- ☐ Around 1 hour before bed dim the lights and do a calming activity
- ☐ Avoid scrolling in bed — your brain needs that cue to rest.
- ☐ Practice stillness for 2 minutes before bed — no phone, just breath + gratitude.

"Be still, and know that I am God." — *Psalm 46:10*

How did I feel today after honoring my rhythm?

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Even small shifts can bring big peace when they're aligned with God's design.

Want personalized support?
Schedule your free **Sleep Strategy Session** with Karly → [HERE]