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Circadian Rhythm: The Internal Clock

Your body has a built-in clock that quietly runs the show — and it's more powerful than most people realize. It controls when you feel hungry, when you feel sleepy, how well you digest food, and even how efficiently you handle blood sugar. When your daily rhythm matches your biology, energy feels smoother, cravings calm down, and sleep becomes more restorative. But when your rhythm gets scrambled (late nights, late meals, too much screen light), your metabolism gets confused — like a traveler stuck in permanent jet lag.

Circadian Rhythm = your body's 24-hour clock guiding sleep, hormones, and digestion.

01 Mini Teaching
Late-night eating confuses your clock; daylight anchors it.

02 Example
You're solar-powered — eat, move, and rest in sync with the sun, and everything runs smoother.

03 Try This Today
Get sunlight within an hour of waking and dim lights an hour before bed.

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