



Karen Singer <kmrsinger1997@gmail.com>

**It's Day 1 of the Circadian Challenge: Better Sleep Begins with Morning Light** 🌞 ✨

1 message

**Symphony Natural Health** <customer.service@symphonymaturalhealth.com>  
To: Karen Singer <kmrsinger1997@gmail.com>

Fri, Mar 7, 2025 at 8:01 AM



Dear Karen,

Welcome to Day 1 of the Circadian Challenge! The Challenge has officially begun, and we're excited to have you on this journey to better sleep, more energy and improved health. With Sunday's time change quickly approaching, the tips you'll receive over the next few days will not only help you adjust to "springing forward" but set you up for better long-term sleep.

Today, we'll focus on one of the most powerful ways to sync your body's internal rhythm—getting the right dose of morning light.

# Morning Light



Day 1

Rise & Shine  
Have you had your  
morning light today?



## Morning Light Is Key to Resetting Your Circadian Rhythm





One of the easiest, yet most effective ways to set yourself up for a good night's sleep is by exposing your eyes to morning light. This simple practice helps to reset your circadian rhythm, boosting your energy levels throughout the day and setting you up for restorative rest.

The "right dose" of morning light varies based on individual needs, but general guidelines recommend getting 20-30 minutes of exposure to bright light within the first 30-60 minutes after waking. This helps to regulate the circadian rhythm and encourages the production of serotonin, which later converts to melatonin, supporting better sleep at night.

Yet, getting the morning light you need can be challenging right now. Although the days are growing longer as we near summer, the time change still leaves us with darker mornings. So you may need to shift your morning light exposure to a slightly later time

to make sure you're getting enough. Plus, even on cloudy days, you can benefit from natural light since overcast skies still provide some full-spectrum light.

Here are a few ways you can include light in your morning ritual:

-  Going for a walk
-  Sitting outside
-  Opening up blinds, curtains and windows as soon as you wake up
-  Using a full spectrum "happy light"

When getting your morning sunlight, avoid wearing sunglasses unless it's unsafe to do so (for example, while driving). Also, pay attention to how much natural sunlight you're getting both in the mornings and throughout the day—could you have a "light deficiency?" Start using these tips now to prepare for the time change and continue them for consistent high-quality sleep.

If you haven't taken the Circadian Quiz yet, now is the perfect time! It will help you to determine whether you might be light deficient. Plus, you'll receive personalized recommendations for optimizing your light exposure.

 TAKE THE CIRCADIAN QUIZ

## Key Insights

- **Make sure you're getting morning light:** Get outside for a walk or sit near a window as soon as you wake up to reset your circadian rhythm and boost your energy.
- **Adjust your timing:** If mornings are still dark, shift your light exposure to a slightly later time to make sure you're getting enough natural light.
- **Add more light to your routine:** Open your blinds and curtains when you wake up, or use a full-spectrum "happy light" to get that important morning boost.
- **Assess light intake:** [Take the Circadian Quiz](#) to see if you're light deficient and get personalized tips to optimize your light exposure for more energy and better sleep.

Morning light is just one of many ways to reset your circadian clock. Tomorrow, on Day 2 of the Circadian Challenge, we'll explore the important role evening darkness plays in resetting your internal clock to improve your sleep, energy and overall health—preparing you to “spring forward” with ease and enjoy long-term restful sleep.

Warm regards,

Deanna Minich, PhD

Chief Science Officer, Symphony Natural Health  
Host, Circadian Challenge



A handwritten signature in black ink, appearing to read 'Deanna Minich'.

Deanna Minich, PhD, CNS, IFMCP

---

Chief Science Officer

✉ Need help? Our Customer Service and Medical teams are happy to assist! Email us for more general questions at [customer.service@symphonymaturalhealth.com](mailto:customer.service@symphonymaturalhealth.com). If you have specific health-related questions related to use of Herbatonin, please contact our Medical Team at [medical.team@symphonymaturalhealth.com](mailto:medical.team@symphonymaturalhealth.com).

If you no longer wish to receive our emails, you may [unsubscribe](#).

2550 South Decker Lake Boulevard, Suite 28,  
West Valley City, Utah 84119, United States

(415) 243-9991

[customer.service@symphonymaturalhealth.com](mailto:customer.service@symphonymaturalhealth.com)

© 2025 Symphony Natural Health

Having trouble viewing this email? [View in Your Browser](#)