

RESULT

# YOU'RE A BEAR

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## BEAR (BI-PHASIC)



65% OF POPULATION

GO TO BED  
11:00pm

WAKE UP  
07:00am

PEAK-CONCENTRATION HOURS  
10:00am - 03:00pm



Do your focused study in the mid-morning to midday period and your easier study first thing in the morning, or late in the afternoon.

These results are based on Dr Michael Breus' book The Power of When.

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## OPTIMISED CHRONOTYPE - *DAILY SCHEDULE* -

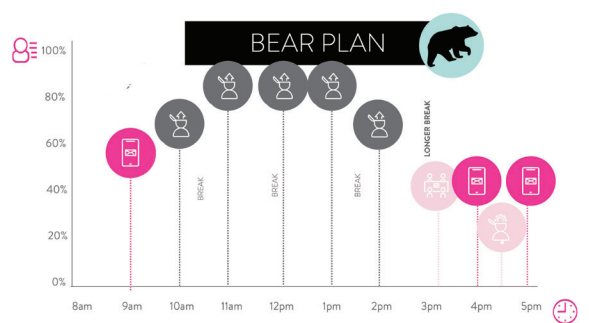
It is estimated that around 65% of the global population is a bear or sometimes referred to as a 'bi-phasic' person. You're part of the majority of the population as it's estimated that more than 50% of the population have a bi-phasic energy curve, which is somewhere between being a lion (morning person) or a wolf (an evening person).

As a bear, you naturally wake up around 7-8am, feel most energised around mid-morning and are happy to go to bed in the later hours of the evening (a 7:30am before school study session makes you cringe!)

PEAK-CONCENTRATION HOURS	OPTIMAL SLEEP TIMES	LOW ENERGY HOURS
<b>10:00am-03:00pm</b>	<b>03:30pm-04:30pm</b>	<b>11:00pm-07:00am</b>
<p>Your energy and focus are at their peak mid-morning through to the early afternoon. Your mental prime time is mid to late morning. This is when you're best to tackle your 'focused study' (mentally taxing tasks) and should try to build a fortress around your focus at this time by disabling as many digital distractions as possible.</p> <p>This is an ideal time to solve problems and to think critically about subjects and study that require deeper concentration. It's also an ideal time to embed new principles and concepts.</p>	<p>Your energy and focus are likely to dip in the mid to late afternoon. This is when you may start to feel tired and may become more easily distracted. This may also be the time where your motivation starts to wane and you start looking for biscuits and/or energy drink to get some sugar or caffeine to sustain you through this lull.</p> <p>This is a typical part of your circadian rhythm. This would be an ideal time to take a longer break, engage in some physical activity (to bolster your focus), or attend to some of your 'easier study' such as subjects that you find easier or revision of previously learned concepts.</p>	<p>Ideally, you want to have a digital curfew, around an hour before you sleep (so 10pm if you're intending on being asleep by 11pm). Sleep is vital for our psychological wellbeing, productivity, focus and physical health.</p> <p>We must ensure we're getting not only the right amount of sleep (the recommendation for teens and teens is 8-11 hours/night), but also getting good quality of sleep (at least 4-6 completed sleep cycles) and accumulating our sleep during our chronotype's optimal sleep times.</p>

**KEY**

- = focused study
- = easier study
- = creative work
- = breaks every 90 minutes



## TACTICS TO OVERCOME *Your Energy Trough*

Research consistently tells us that we need to take regular breaks. We have energy peaks and troughs because of our ultradian rhythm (which means we go through peaks and troughs in our energy and focus in roughly 90 minute intervals). Ideally, we would be taking regular breaks every 90 minutes (possibly less, depending on your personal ultradian rhythm). Your energy will decline significantly between 3:30-4:30pm most days.



Boost your focus by increasing your exposure to light (natural or artificial). Consider going for a brisk walk outside just before 3:30pm, sitting near a window, turning on additional lights or repositioning yourself near a light source.



Get some 'greentime'. Time in nature will not only boost your focus (it's called the 'attention restoration theory') but it will also reduce your stress- just 40 seconds in nature has been shown to reduce cortisol levels.



Do a ten-minute movement burst to increase your blood flow and boost neurotransmitters that will help you focus like dopamine and norepinephrine. This could include going for a walk, walking the stairs, doing some resistance band training or some yoga poses.



Take a nap. Ideally, your nap could be 15-20 minutes in duration. This can increase your alertness for up to four hours. Do this closer to 3:30pm than 4:30pm as you need to build up your sleep pressure so you can easily fall asleep at night. If you nap too close to your preferred sleep time, a nap can significantly delay the onset of sleep.



Close your eyes for just 10 seconds. This allows the temporal and occipital lobes in your brain to have a rest. These two lobes help with auditory and visual processing and they take up 40% of the brain's architecture. So after a day at school in lessons, or working on your computer this part of the brain can need some rest.



Engage in a five to ten-minute meditation or mindfulness activity.

## ADJUSTING YOUR RHYTHM

Your chronotype is biologically determined and cannot be shifted. Your genetics, environment, age and sex combine to influence your chronotype. However, you do have some control over your circadian rhythm and can make some slight adjustments to when you sleep. Please note, you cannot shift from a lion to a wolf.

Our bodies rely on zeitgebers, which are environmental cues, to align our circadian rhythm to the external world. For example, light exposure, mealtimes and social interactions are part of our daily schedules that can influence our circadian rhythm. Adjustments to these can have incremental impacts on our circadian rhythm.

Some bears want to shift more towards being a lion or AM-shifted person (morning person whose energy peaks at the start of the day). The following suggestions will help you to go to bed and wake up a little earlier. It is strongly advised that you do not deprive yourself of sleep in an effort to shift your schedule, or attempt to radically shift your chronotype's optimal routine. **If you do want to adopt a more AM-shifted circadian rhythm, you could consider the following ideas:**

- Shift your evening routine so you try to fall asleep 1-2 hours earlier (9-10pm). Do this gradually over time, in roughly 15-20 minute intervals.
- Expose yourself to natural sunlight in the morning (between 7am-11am). If natural light exposure isn't an option then exposure to artificial lighting in the morning can help- consider turning on energy-saving, fluorescent lights.
- Avoid bright lights (especially blue light from digital devices) in the 2-4 hours before your sleep so you can prevent sleep onset delays.
- Do something you enjoy, or engage in physical activity when you first wake up, to activate your focus. Both types of activities can bolster dopamine levels which can aid with focus.
- Move your evening meal by 1-2 hours earlier than you ordinarily would.
- Complete all physical activities at least three hours before you want to fall asleep.