

RESULT

YOU'RE A LION

DR KRISTY
GOODWIN



LION

(AM SHIFTED)



14% OF POPULATION

GO TO BED
10:00pm

WAKE UP
06:00am

PEAK-CONCENTRATION HOURS
06:00am - 11:00am



Do your focused study in the morning and easier study in the afternoon.

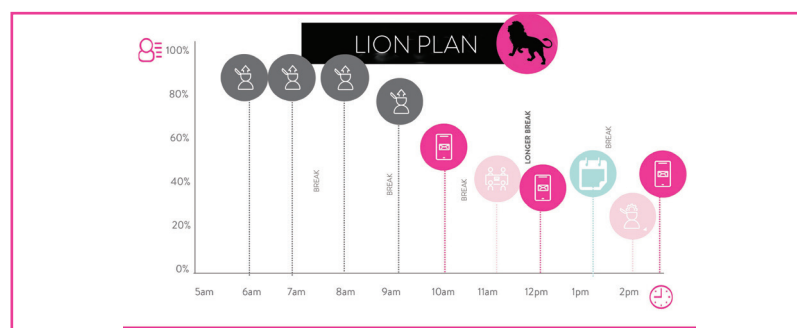
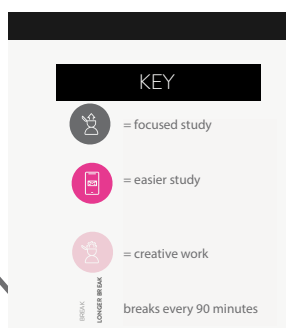
These results are based on Dr Michael Breus' book The Power of When.

DRKRISTYGOODWIN.COM

OPTIMISED CHRONOTYPE - DAILY SCHEDULE -

It is estimated that around 14% of the global population is a lion, or sometimes referred to as an 'am-shifted' person. You're part of the early-bird cohort (alongside Michelle Obama, Sir Richard Branson, (the late) Steve Jobs and Benjamin Franklin). As a lion, you prefer to wake up early in the morning, feel most energised at the start of the day and are happy to go to bed in the early hours of the evening (a dinner party invitation for 8pm makes you panic!).

PEAK-CONCENTRATION HOURS	LOWER ENERGY HOURS	OPTIMAL SLEEP TIMES
6:00am-11:00am	12:00pm-2:00pm	10:00pm-6:00am
<p>Your energy and focus are at their peak in the early hours of the 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 around midday (depending on just how early you start your day as an lion). 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.</p> <p>This is a typical part of your circadian rhythm and is the equivalent to most people's 3:30pm 'slump'. 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 9pm if you're intending on being asleep by 10pm). 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 tweens 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>



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).



Boost your focus by increasing your exposure to light (natural or artificial). Consider going for a brisk walk outside, 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.



Take a nap Ideally, your nap could be 15-20 minutes in duration. This can increase your alertness for up to four hours.



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



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.

ADJUSTING YOUR RHYTHM

Your chronotype is biologically determined and cannot be shifted courtesy of the PER3 gene. 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.

For a lion to shift more towards a bear (biphasic person whose energy peaks in the middle of the day) or wolf (PM-shifted person) you could consider the following ideas:

- Shift your evening routine so you try to fall asleep 1-2 hours later than you currently do. Do this gradually over time, in roughly 15-20 minute intervals.
- Expose yourself to lights (energy-saving, fluorescent lights are great, or even your screen) in the two hours before your sleep (not within the 60 minutes before you want to fall asleep).
- Delay your evening meal by 1-2 hours than you ordinarily would.
- Do something stimulating (other than physical activity) 2 hours before you want to now go to sleep. You could call friends, watch something entertaining to delay the onset of sleep.