— MINDTHEORY —

Body Clock & Chronotype Guide

Understand Your Natural Rhythm. Live Healthier. Do Your Best Work.

1 Understanding Chronotypes

People have different internal body clocks. Your chronotype influences when you feel most alert, productive and ready to sleep.

Morning Type
(Early Birds)



- Wake up early (5–7 AM)
- Peak energy in the morning
- Prefer structure and routine
- Feel sleepy earlier at night

Great for focused, deep work earlier in the day.

Intermediate Type
(Neither Extreme)



- Balanced energy levels
- Productive in both morning and afternoon
- Adapt more easily to changes
- Most common chronotype

Can adjust schedule based on lifestyle and goals.

Night Type
(Night Owls)

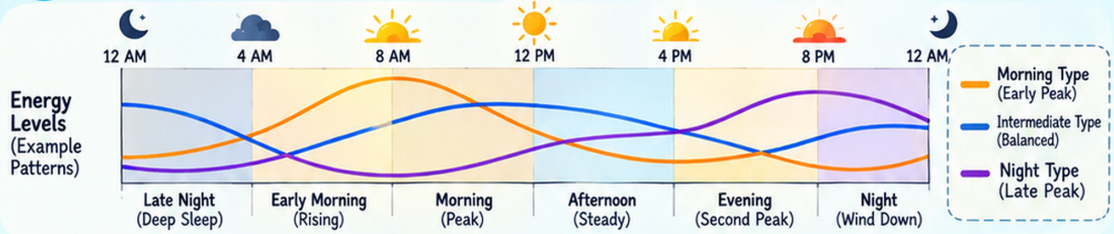


- Wake up later (9 AM or beyond)
- Peak energy in the evening/night
- More creative and flexible
- Find it hard to sleep early

Often do their best work later in the day.

2 Energy Peak Mapping

Your energy, focus and alertness naturally rise and fall throughout the day, based on your body clock.



3 4 Steps to Optimize Your Rhythm

You can't change your chronotype completely, but you can work with it. Try these practical steps:

1 Energy Audit
Track Your Natural Rhythm



- Track your energy levels for 1–2 weeks.
- Note when you feel most alert, focused and tired.
- Identify your natural pattern.

2 Morning Sunlight
Reset Your Body Clock



- Get 10–30 minutes of natural sunlight within 1 hour of waking.
- Helps regulate melatonin and cortisol.
- Improves mood, focus and sleep quality.

3 Meal Timing
Support Your Energy Levels



- Eat your first meal 1–2 hours after waking.
- Choose balanced meals with protein, fiber and healthy fats.
- Avoid heavy meals late at night.

4 Digital Curfew
Prepare for Better Sleep



- Reduce screen time 1–2 hours before bed.
- Use dim lights in the evening.
- Try relaxing activities like reading or journaling.
- Helps you fall asleep faster and sleep more deeply.

Work with Your Body Clock, Not Against It — A Healthier, Happier and More Productive You.