

# correcting the sleep-wake cycle

## SETTING THE CIRCADIAN RHYTHM

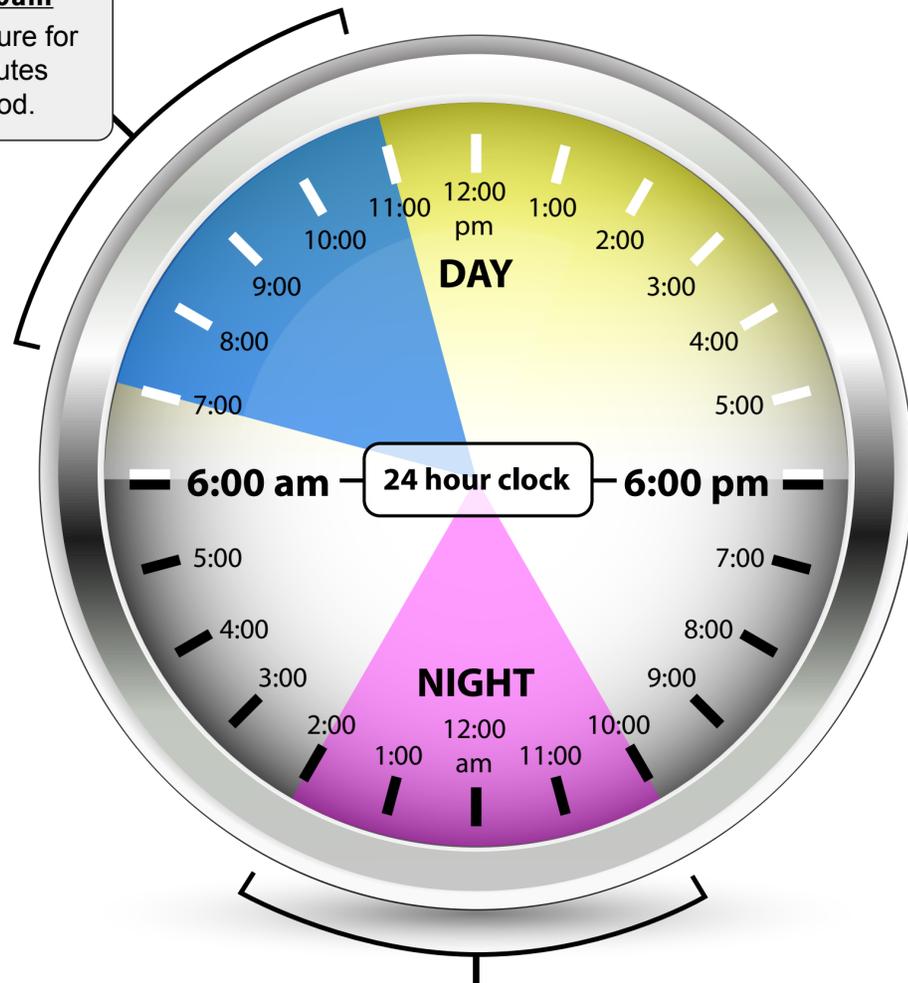
**MORNING ROUTINE:** To maximize your time with us, it is important to improve the quality of the patient's sleep. Oddly enough, proper sleep begins with waking up properly. To achieve this, the patient must start their morning waking early enough to receive at least 45 minutes (1 hour ideally) of exposure to the morning sky between the hours of 7:00-11:00AM. Why 7:00-11:00am? It is during this time a very specific wavelength of light is emitted as the sun reflects off of the atmosphere. Sorry, glasses and windows of every type block the light we are looking for.

**EVENING ROUTINE:** In the evening we ask that the patient gets to sleep around 9:00PM to ensure the individual is sleeping between the hours of 10:00PM and 2:00AM. Our research has shown that the rest provided to the brain during this time frame proves to be one of the most important elements in allowing treatment to be effective.

### MORNING ROUTINE:

**7:00am-11:00am**

Morning exposure for at least 45 minutes during this period.



### EVENING ROUTINE:

**10:00pm-2:00am**

Sleep during this 4-hour period is critical for efficacious treatment results.

## MORNING LIGHT = PROPER SLEEP

When activated by morning sunlight (450-500nm) wavelength, the suprachiasmatic nucleus (SCN) delivers inhibitory information to the paraventricular nucleus (PVN). This is the start of a complex biological process that culminates in the pineal gland which regulates and suppresses melatonin secretion in the brain. Once this process begins, roughly 12 hours later suppression of melatonin will cease, leading to drowsiness and sleep.

