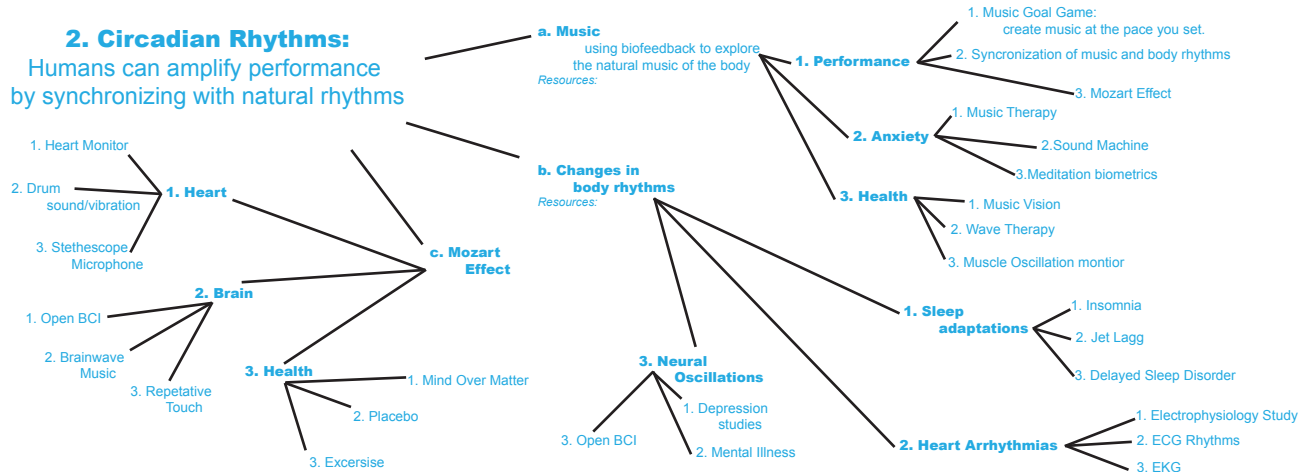


2. Circadian Rhythms: Humans can amplify performance by synchronizing with natural rhythms



3. Light Therapy: Adjusting time/exposure & light spectrum

