



THE CIRCADIAN RESET PROTOCOL

A Guide for the Circadian Glow Lamp



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WELCOME AND INTRODUCTION

We've all had one of **those** mornings—the kind where you wake up just before your alarm, sunlight slipping through the curtains, mind clear, body refreshed. You feel switched on. Calm but sharp. You move through your routine effortlessly, with time to spare and energy to burn. It's the kind of morning that makes the whole day feel lighter, and more focused. Your senses are in high definition.

But then there are the other mornings. The more familiar ones. Days where the alarm feels like an ambush, where you hit snooze three times and still wake up foggy. You chase clarity with caffeine, stumble through your to-do list, and wonder how you can feel so drained after a full night's sleep. If that sounds familiar, you're not alone and more importantly, you're not broken. You're just out of sync with the rhythm that governs nearly every function in your body: your circadian clock.

Sleep is arguably the most important health protocol we do in a day. The only difference between sleep and other protocols is that it's not optional. From clearing out glymphatic waste, the brain's version of taking out the trash (Xie et al., 2013) to repairing tissue and building muscle (Sporer & Wenger, 2015) to regulating hormones and memory consolidation (Walker & Stickgold, 2006), sleep is the master switch for recovery and longevity (Irwin, 2015). And yet, in a world full of artificial light, screen time, and erratic schedules, our sleep quality is under constant threat (Chang et al., 2015).

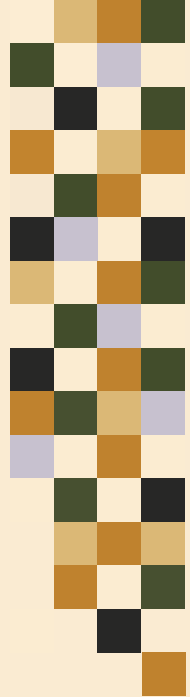
The Circadian Glow Lamp exists to help fix that. This guide will show you how to use the lamp to reset your internal rhythm, understand how light impacts your biology, and how to reclaim energy, clarity, and focus in the morning, without relying on stimulants or willpower alone. Whether you're waking up before sunrise, working nights, managing winter blues, or want to feel more alive in the morning, this protocol is for you.

This guide is built on truth. Real research, timeless principles, and modern science. We'll touch on the roots of light therapy, the chemical pathways that make it work, and exactly when and how to use your lamp for the biggest benefit. This is not just about turning on a light, it's about creating a biological signal strong enough to shift your body and brain into alignment.

We've designed this guide around what the research shows: bright light exposure, timed right, can shift brain chemistry and help regulate mood, energy, and sleep-wake cycles. That said, your body isn't a research paper, it's your life. The real power of this lamp comes when you start adapting it to your own needs and goals. This is a framework, not a prescription. Use it to experiment, adjust, and build a morning rhythm that works for you.

You don't need to be perfect to see the benefits. A few minutes of consistent, intentional use, especially in the first hour after waking, can deliver powerful results over time. And when paired with the right habits, the lamp becomes more than a product; it becomes a keystone habit in a life that flows better, feels clearer, and starts brighter.

Let's dive in. You're about to learn how to use one of nature's oldest forces—light—in a way that modern life has forgotten. And in doing so, you'll reset your rhythm, reset your mornings, and begin each day on your terms.



A Brief History of Light Therapy

Before artificial light, our biology was tightly synchronised to the rising and setting of the sun. For thousands of years, dawn meant action and dusk meant rest. This was because there was no other option. Our circadian rhythms evolved under that predictable arc of natural light. But in the modern world, screens, fluorescent bulbs, and blackout curtains. We've lost that natural alignment. And with it, many of us have lost the deep sleep, steady energy, and mental clarity that used to come for free.

The roots of modern bright light therapy (BLT) go back to the 1980s, when researchers began looking into treatments for Seasonal Affective Disorder (SAD), a type of depression that occurs during the darker months of the year. In 1984, Dr. Norman Rosenthal and colleagues at the National Institute of Mental Health formally coined the term and published groundbreaking research showing that daily exposure to bright, full-spectrum light could help lift mood, reset circadian timing, and improve overall well-being (Rosenthal et al., 1984).

But the idea of using light for he-

- aling isn't new. Ancient civilizations—like the Greeks, Egyptians, and early Hindu cultures—practiced heliotherapy, or sun therapy, to treat ailments ranging from fatigue to skin conditions. The Egyptians used sunlight therapeutically as early as 1550 BCE, as documented in the Ebers Papyrus (Aubry et al., 2021). The Greeks, including Hippocrates, advocated for sun exposure to promote physical and mental health (Tamiolakis et al., 2020). Similarly, early Ayurvedic practices combined sunlight with herbs to treat skin conditions, highlighting the historical roots of light-based therapies (Bonnett, 2015). These cultures may not have known the biochemical mechanics, but they understood something we're only just rediscovering: light evokes change.

As research progressed, scientists discovered that it wasn't just "any" light that made the difference—it was light intensity (measured in lux), wavelength (especially blue light in the 460–480 nm range), and timing. This paved the way for medical-grade light boxes and therapeutic lamps that mimicked the intensity of outdoor sunlight. Over the years, clinical trials confirmed their usefulness not just for SAD, but for non-seasonal depression, sleep disorders, jet lag, shift work adaptation, and even cognitive performance (Wirz-Justice et al., 2019; Pail et al., 2011).

More recently, studies have shown that blue-enriched light in the early morning improves alertness, attention, and executive functioning—especially in populations with circadian misalignment or sleep deprivation (Vandewalle et al., 2007; Souman et al., 2018). There is also growing evidence that BLT can help regulate melatonin and cortisol rhythms, contributing to better mood and metabolic health (Revell et al., 2006; Rybak et al., 2021). These findings continue to shape how clinicians and consumers use light therapy for mental and physical well-being.

Today, light therapy has entered a new phase. With LED technology and better design, tools like the Circadian Glow Lamp make it easier than ever to integrate powerful, science-backed light exposure into everyday life. What was once reserved for clinics is now accessible at home—no white coats required.

So while the science is relatively young, the wisdom is ancient: when you align your body with light, you feel more alive. The rest of this guide will show you how to make that ancient wisdom work in your modern life.

The Science Behind Light and Your Brain

When you sit in front of the Circadian Glow Lamp, you're not just "waking up." You're triggering a carefully orchestrated biological chain reaction that affects everything from your energy and mood to your metabolism and sleep.

It starts with your eyes—not with vision, but with non-visual photoreceptors deep in the retina. These specialised cells, called intrinsically photosensitive retinal ganglion cells (ipRGCs), detect blue-enriched light especially in the 460–480 nm range, which mimics the early morning sun (Berson et al., 2002; Hattar et al., 2002). When these cells sense bright light, they send a powerful signal straight to the suprachiasmatic nucleus (SCN)—your body's master circadian clock located in the hypothalamus (Gooley et al., 2001). This light input helps regulate the sleep–wake cycle, alertness, and hormonal rhythms by aligning the SCN with the external light–dark cycle (Czeisler & Gooley, 2007). Once activated, the SCN begins a process called entrainment, which is your body's way of resetting its internal clock to match the environment (Czeisler & Gooley, 2007). This triggers

triggers a domino effect across your entire system. First, your brain suppresses melatonin, the hormone that makes you feel sleepy (Lewy et al., 1980). Then it increases cortisol and dopamine production, helping you feel alert, focused, and ready to move (Leproult et al., 2001; Vandewalle et al., 2011). It also affects serotonin—a key mood-regulating neurotransmitter that helps you stay balanced, calm, and clear-headed (Lambert et al., 2002).

What's more, light exposure early in the day improves your sleep later that night. That's because your circadian rhythm works on a roughly 24-hour loop, and morning light helps lock in the timing for when your body will begin releasing melatonin again that evening. Miss this window, and your whole rhythm can shift—leaving you wired at night, groggy in the morning, and caught in a cycle that caffeine can't fix. In essence, light is a signal, and your brain treats it as a command. By giving your body the right signal at the right time, you're not just feeling more awake—you're aligning dozens of systems that depend on that circadian timing: hormone regulation, immune function, metabolism, cognitive performance, and more.

You don't need to understand every molecule to feel the benefits. But the key takeaway is this: your brain listens to light. And with the Circadian Glow Lamp, you're giving it a message loud and clear—"It's time to wake up, reset, and go."





HOW TO USE YOUR LAMP EFFECTIVELY

Morning is the most powerful time to use your Circadian Glow Lamp. Numerous clinical studies have shown that bright light therapy—when used correctly—can increase alertness, boost mood, and reset the circadian rhythm for improved sleep quality later that night.

Studies have shown that exposure to 10,000 lux of light within the first hour of waking can:

- **REDUCE SYMPTOMS OF FATIGUE AND LOW MOOD**

- Terman et al. (1998) demonstrated that morning BLT significantly improved mood in patients with Seasonal Affective Disorder (SAD), with most participants showing improvement after just 7 days: *Poverty and prognosis of HIV infection in Switzerland. Swiss HIV Cohort Study.*

- **IMPROVE SLEEP ONSET AND QUALITY**

- Dewan et al. (2011) found that morning light exposure advanced melatonin offset and increased sleep efficiency that night, especially for individuals with delayed sleep phase disorder: Morning light advances melatonin offset and improves sleep efficiency: *Morning light advances melatonin offset and improves sleep efficiency.*

- **ENHANCE COGNITIVE ALERTNESS AND ENERGY**

- Vandewalle et al. (2007) showed that blue-enriched light exposure in the morning improved reaction time, working memory, and alertness compared to dim light condition: *Light as a modulator of cognitive brain function*

How to Position Your Lamp



- **Angle:** Light should enter your eyes indirectly (from the side or above—not directly staring into it)
- **Distance:** Sit around 50cm from the lamp
- **Eyes open:** You don't need to stare at the lamp. Just have it on while doing tasks like reading, journaling, eating breakfast, or using your phone.
- **Brightness:** It should be as bright as possible as long as

you're comfortable. The highest brightness is **10,000 lux equivalent** intensity (built into your lamp).

When to Use It

- Start within **30–60** minutes of waking
- The closer to wake-up time, the stronger the signal to your brain that “the day has begun.” This helps anchor your circadian rhythm.
- Use consistently each morning for **7–14 days** to begin noticing full effects. Many studies report significant improvements within the first week of daily use.

How Long to Use It

- 10 – 90 minutes per session

Tips

- Don't use bright light therapy after 5PM unless advised by a health professional. Evening exposure can delay your melatonin release and push back your sleep onset.
- If you're prone to migraines or light sensitivity, begin with shorter sessions (5–10 minutes) and gradually increase.
- That doesn't mean you can't enjoy the glow of the lamp, rather, just turn down the brightness settings and use the amber colour.
- For best results, combine lamp use with natural behaviors that reinforce wakefulness (e.g., stretching, movement, hydration).

Additional usage

If you experience a dip in energy or focus during the afternoon (typically between 1pm and 3pm), a short session with your Circadian Glow Lamp can help. Research has shown that 10,000 lux light exposure during the early-to-mid afternoon can improve alertness and cognitive performance without disrupting nighttime sleep—as long as it's not used too late in the day (Chellappa et al., 2014; Phipps-Nelson et al., 2003). A study by Phipps-Nelson et al. (2003) found that afternoon bright light significantly enhanced performance and reduced sleepiness during monotonous tasks. For most people, a 15–20 minute session before 3:00pm is safe and effective. This can be especially useful if you're working indoors without access to natural light, or if you're in a low-light environment during winter. Just avoid using the lamp within 5–6 hours of bedtime, as late exposure may delay melatonin production and interfere with sleep (Gooley et al., 2011). Use this strategically to combat the post-lunch dip, reset focus, or transition into the second half of your day with more clarity.





STACKING THE HABIT – BUILDING A DAILY RITUAL

The real power of the Circadian Glow Lamp comes when it's integrated into routine. Like brushing your teeth or brewing coffee, the goal is to make light therapy so habitual it becomes automatic. That's where habit stacking comes in: anchoring your lamp usage to existing routines so it fits effortlessly into your morning rhythm.

Our community has shared with us a variety of ways that they have pulled the practice into their health aligned morning routines. Here are some of their routines when daylight is scarce and their circadian system needs a stronger external signal to reset.

The Focused Longevity Starter



6:00 AM

Wake up and head to the kitchen. Turn on the Circadian Glow Lamp at full brightness on the bench or dining table. While it's running:

- Drink a tall glass of water with electrolytes or lemon + salt
- Pop in an Omega-3 supplement and creatine
- Spend 15 minutes journaling, planning your day, or reviewing goals

6:15 AM

Move into **20–30 minutes of Zone 2 cardio** (e.g., brisk walking on a treadmill, stationary bike, or a short walk outside if safe/light enough)

6:30 AM

Quick shower (ending with 30 seconds cold for resilience), then transition to breakfast, high in protein and healthy fats

The Cognitive Clarity Stack



6:00 AM

Wake up and sit at your desk with the Circadian Glow Lamp turned on beside your monitor.

- While the light is running, do **10 minutes of meditation** or breathwork (e.g., box breathing, 4-7-8)
- Follow this with **10-15 minutes of deep reading**

6:30 AM

Brew your first cup of coffee (optional), but only **after** the lamp session. Early caffeine can blunt your natural cortisol rise, use light to trigger wakefulness first

6:45 AM

Begin focused work, or do a short **bodyweight mobility circuit** before transitioning into your day

The Active Optimisation Routine



6:00 AM

Wake up and immediately turn on your Circadian Glow Lamp while prepping your pre-workout drink (water, creatine, and electrolytes)

- Do **light stretching or foam rolling** in front of the lamp for 10 minutes
- Take a moment to review HRV or sleep scores from your wearable

6:20 AM

Head to the gym for **strength training or cardio**

7:30 AM

Post-workout, return home to breakfast in natural light (or lamp if still dark), eat high-protein with a side of fermented veggies, and plan your day

IT'S WORTH IT.

Imagine this: You slip into bed, and within minutes, your body knows exactly what to do. No tossing, no turning, just a smooth descent into deep, restorative sleep. You wake up naturally, minutes before your alarm, feeling clear-headed and fully charged. There's no mental fog, no need to hit snooze, no sluggish pull to stay under the covers. Your mornings feel calm but powerful—like you're ahead of the day before it even starts. With your rhythm locked in, your energy stays steady, your focus sharpens, and your mood levels out. Sleep becomes your superpower—not something you fight for, but something that works *for you*, night after night. This is what's possible when you align with your biology. This is what the Circadian Reset Protocol is designed to help you unlock.



YOU'RE SUPPORTING A BIGGER MISSION

The next section in this guide is a quick start for those who want to print it out or just quickly reference how to use it. However, before we wrap things up, I just wanted to say a massive thank you for supporting what we do here.

We think that education, protocols, and tools for health and longevity should be available to everyone who wants them. Education starts with finding out what works and sharing it with others. This is something that we're actively wanting to do, which is helping to fund research in areas of fields that combat biological aging.

On top of this, it's important to us to try and bring the future forward for health protocols and tools. By sourcing high-quality tools, we can make them available to people who otherwise might not have heard about them. We try to educate people in the content that we run, reinforce their understanding on our website, and then by that stage if they take some of what they learned away with them, we consider that a win. For those who choose to support our mission, we're able to grow our reach and serve our community better.

At the end of the day, we just want people to realise their most healthy and fulfilled selves. The way we deliver to achieve this goal may change with the tides but at the core, we will always be here to support individuals in our community to live their best lives, and with that, thank you for reading this guide. Feel free to reach out at any time to me if you want to share a story with us or have any questions.

This line is always open :)

Cheers,

A handwritten signature in black ink that reads "David Webster". The script is fluid and cursive, with the first letters of "David" and "Webster" being capitalized and prominent.

QUICK START SUMMARY TABLE

In a rush or just want the essentials? Here's your quick-start guide to using your Circadian Glow Lamp effectively. Stick this on your fridge, mirror, or desk to build the habit fast—and feel the benefits sooner.

WHEN TO USE

Within 30–60 minutes of waking

SESSION DURATION

10 – 90 minutes

DISTANCE

Around 50cm from your face

POSITIONING

Eyes open, facing slightly toward the lamp

FREQUENCY

Daily use recommended for at least 7–14 days to feel full benefits

BONUS TIP

Combine with journaling, breakfast, or stretching to make it a habit stack

Let light do its job—and let your body thank you for it.

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