

The When of Peak Performance

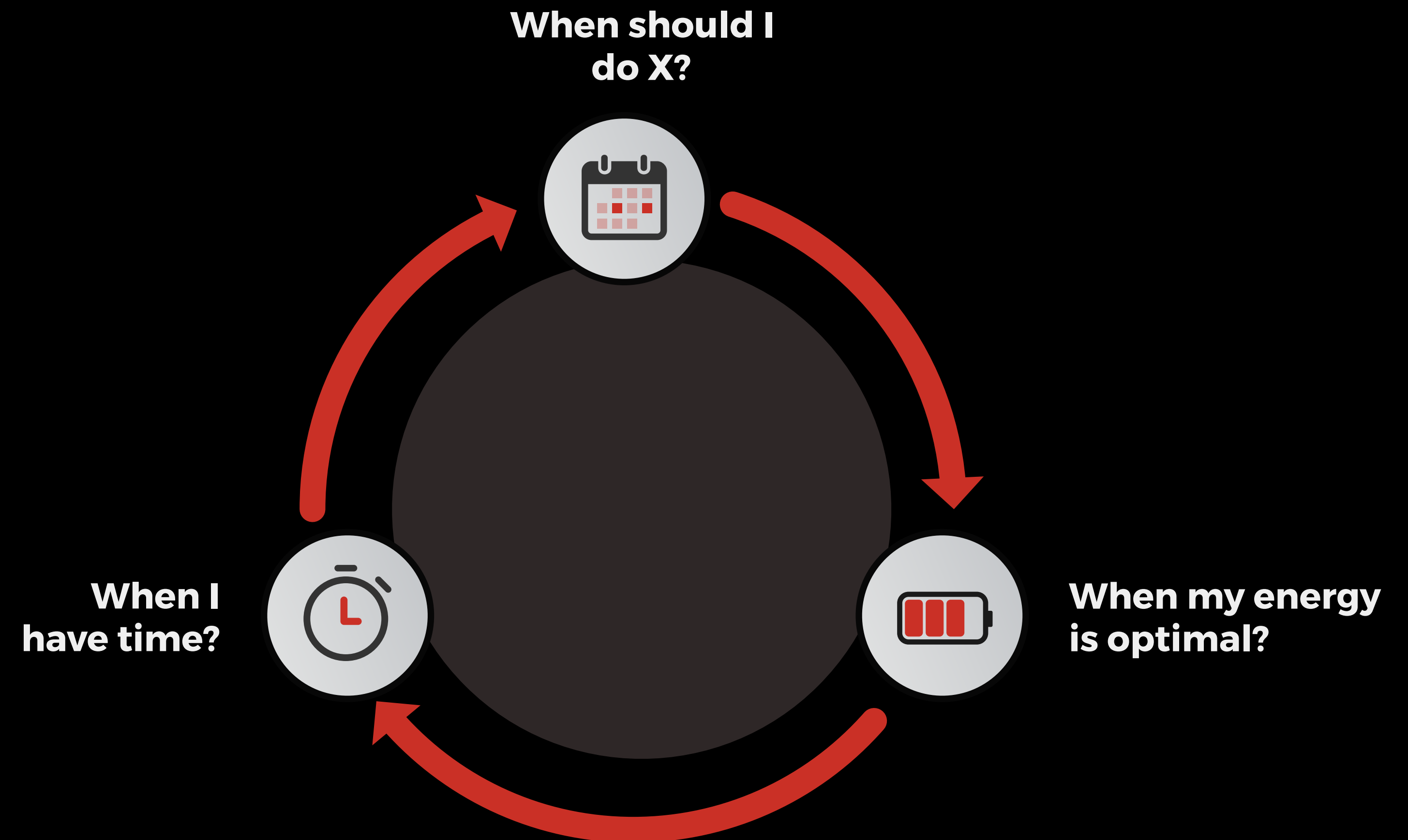
Today's Gameplan

- 1 From “How to” to “When to”
- 2 Rolling with Your Biorhythms
- 3 Identifying Your Chronotype
- 4 Energy Surfing

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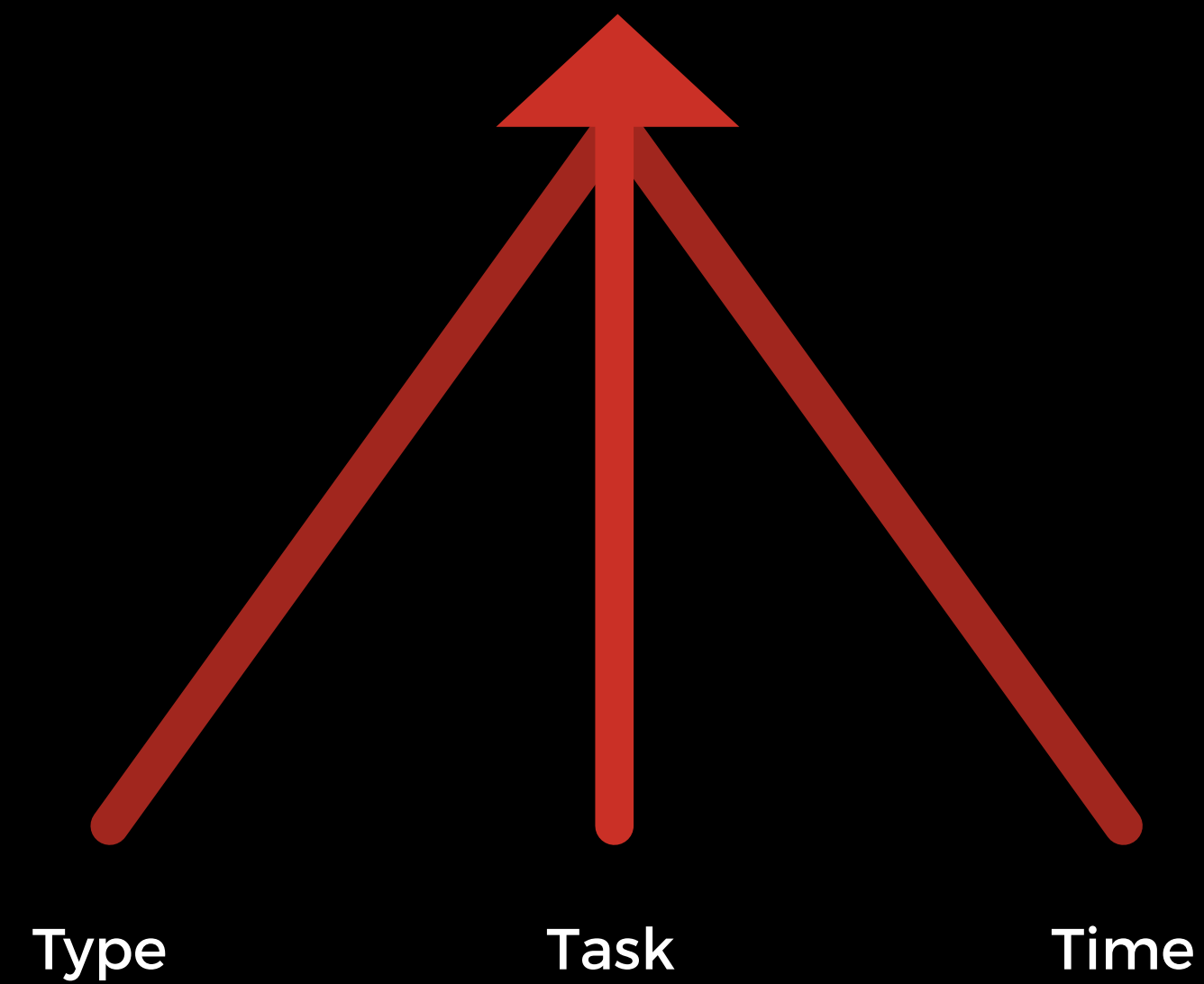
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We Over Index on Time and Under Index on Energy When Decision Making

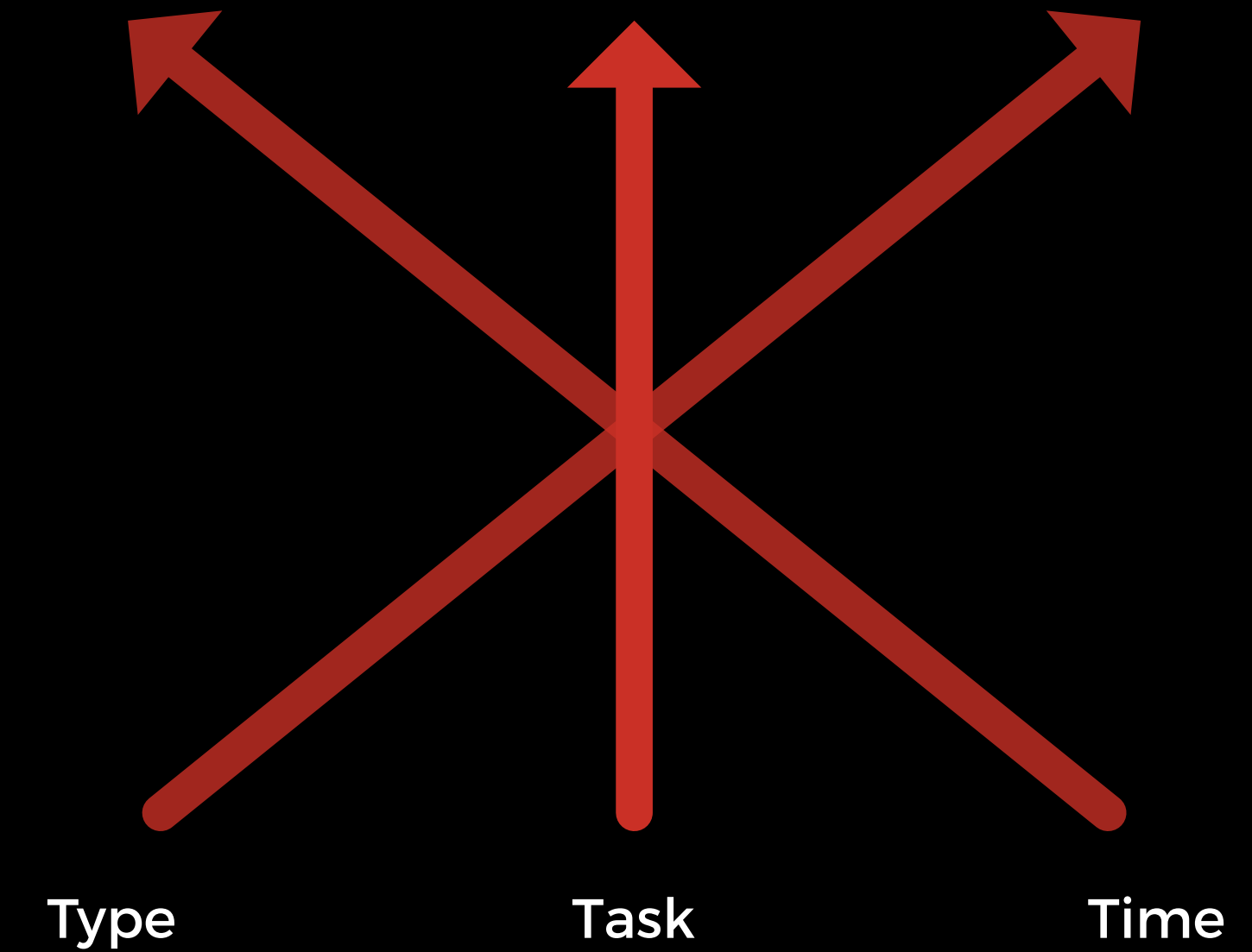


When Depends on the Task

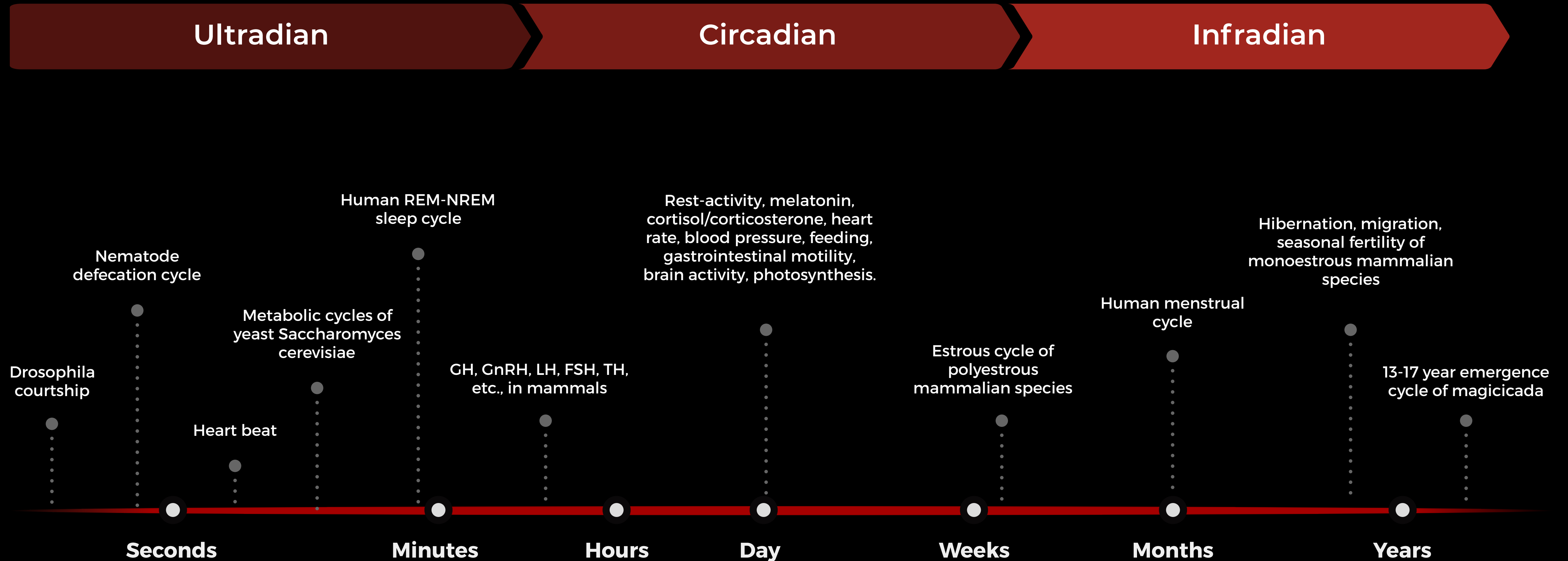
Synchrony



Asynchrony



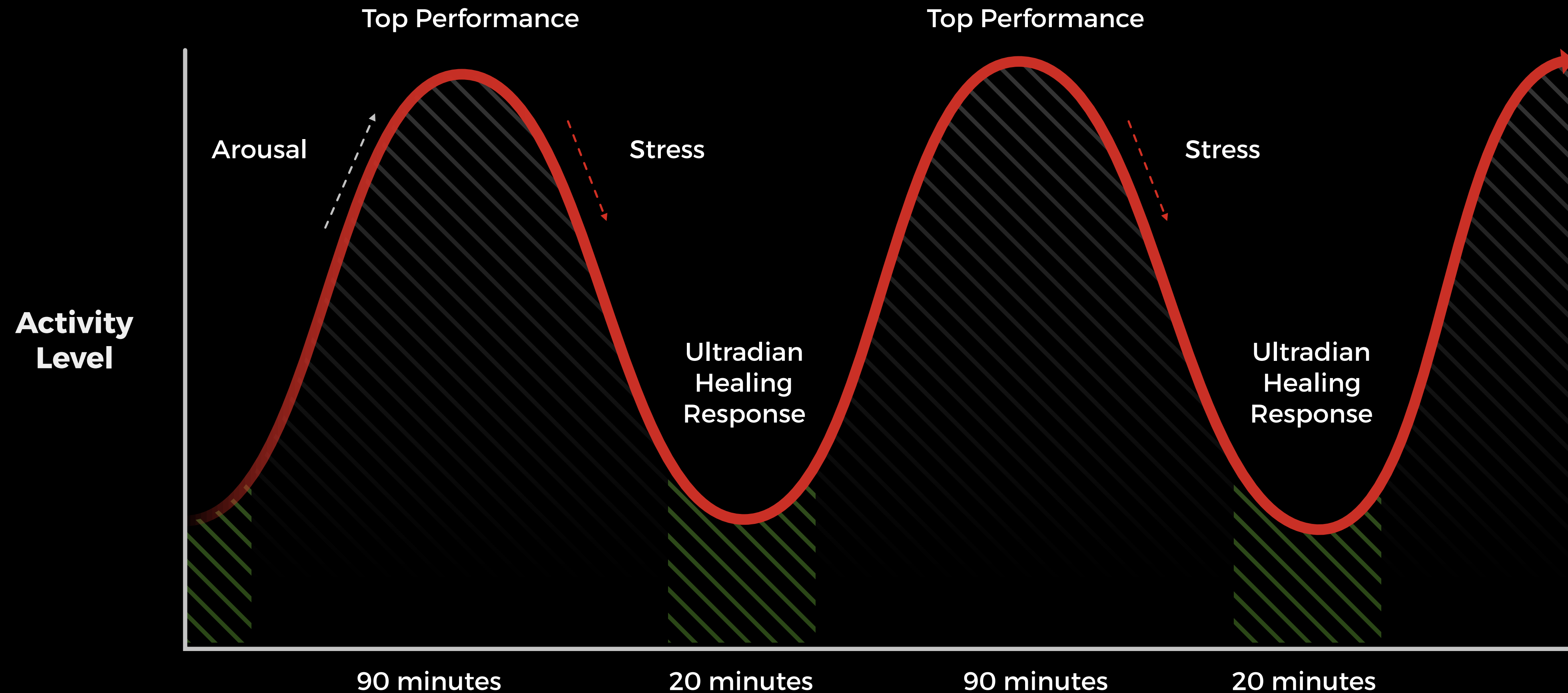
Your Physiology Operates in a Circular Fashion



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For Maximum Efficiency We Want to Roll with Our Rhythms



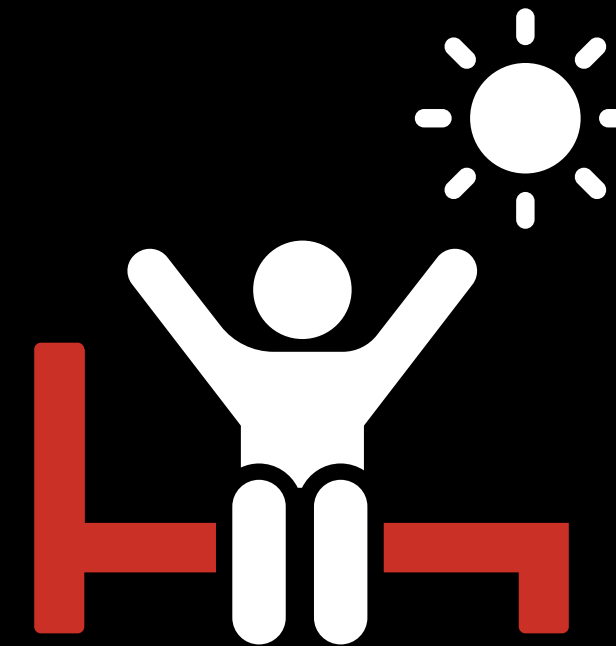
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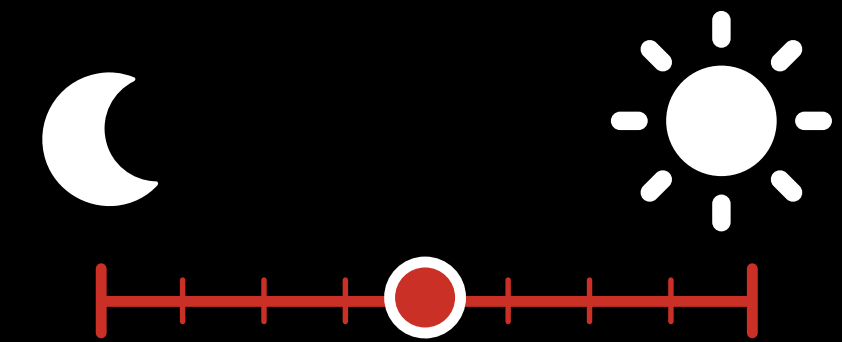
Approach One to Finding Your Chronotype



What time do you usually go to bed?

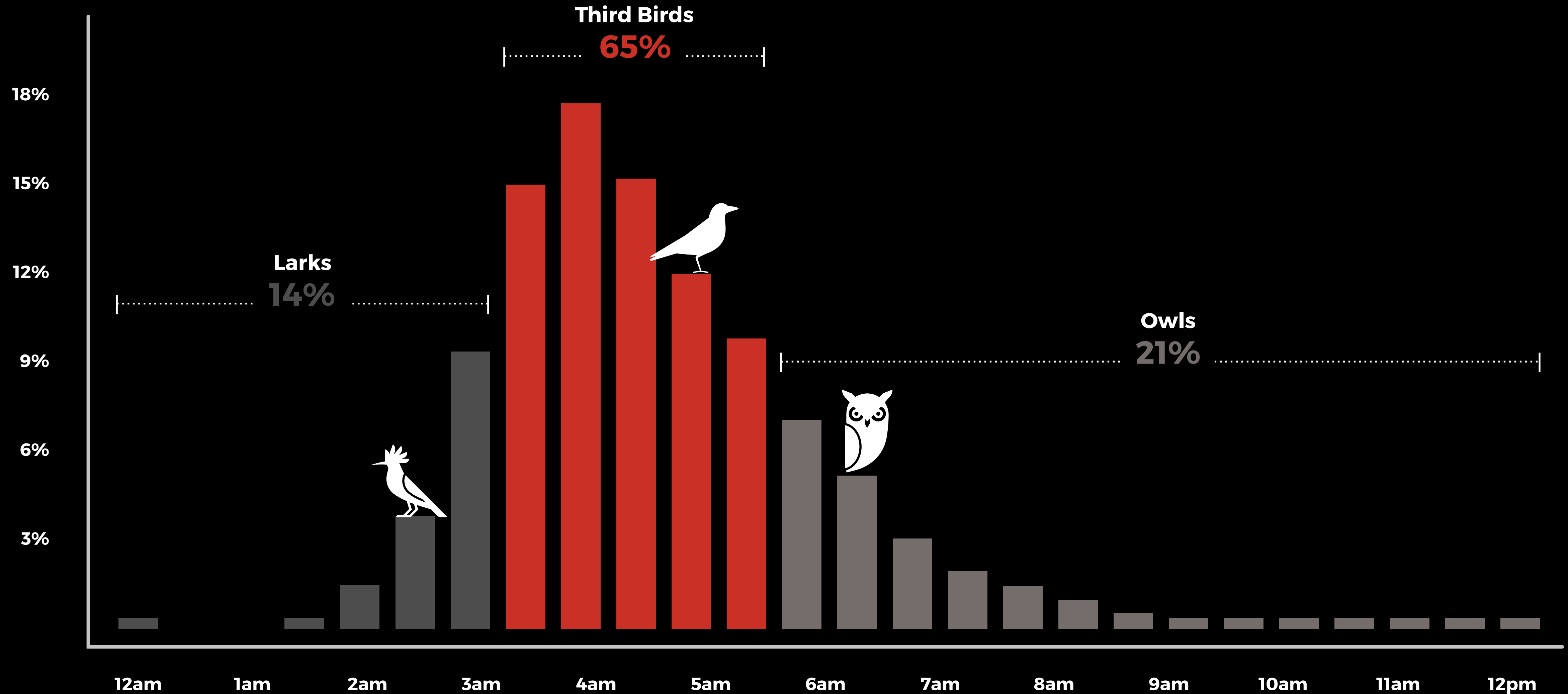


What time do you usually wake up?



What is the midpoint between those two times?

Approach One to Finding Your Chronotype



Approach Two to Finding Your Chronotype



Take the Automated
Morningness-Eveningness
Questionnaire (Auto-MEQ).

Use This Scale to Convert Your Auto-meq Scores to Lark, Third-bird, and Owl

If you score between:



70-86

You're a lark.



31-69

You're a third-bird.



16-30

You're an owl.

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The Three Key Points You Want to Leave With



Our cognitive abilities do not remain static over the course of a day

As Pink writes, “We are smarter, faster, dimmer, slower, more creative, and less creative in some parts of the day than others.”



These daily fluctuations are more extreme than we realize

according to Russell Foster, a neuroscientist and chronobiologist at the University of Oxford, “[T]he performance change between the daily high point and the daily low point can be equivalent to the effect on performance of drinking the legal limit of alcohol,”



How we do depends on when we're doing what we're doing

Innovation and creativity are greatest when we are not at our best, at least with respect to our circadian rhythms. This is known as “inspiration paradox.”

The Two Components to Effective Energy Surfing

- 1 Aligning our day around chronotype determined peak energy periods
- 2 Effective energy surfing within those peak energy periods

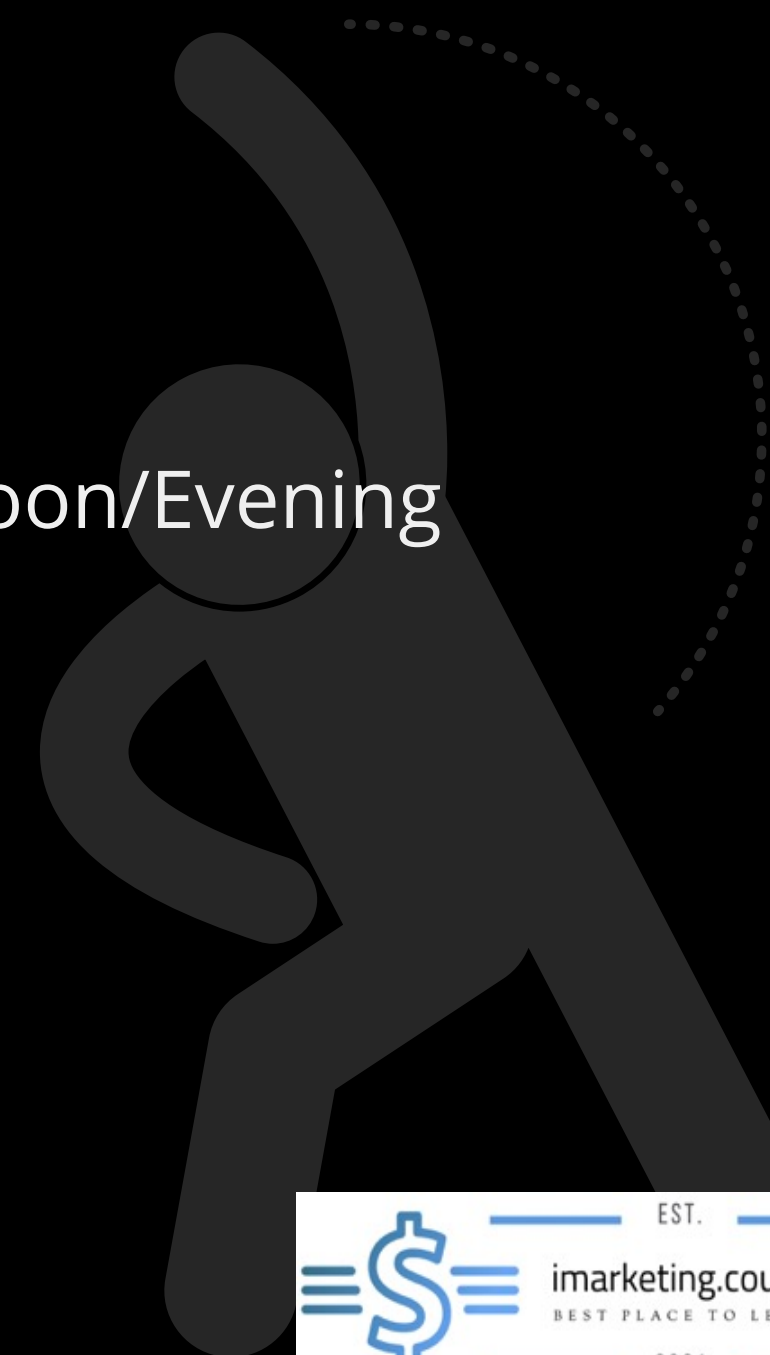
1 – Reshuffle Your Work, Family and Life Around Your Chronotype

Requires Intense Focus:

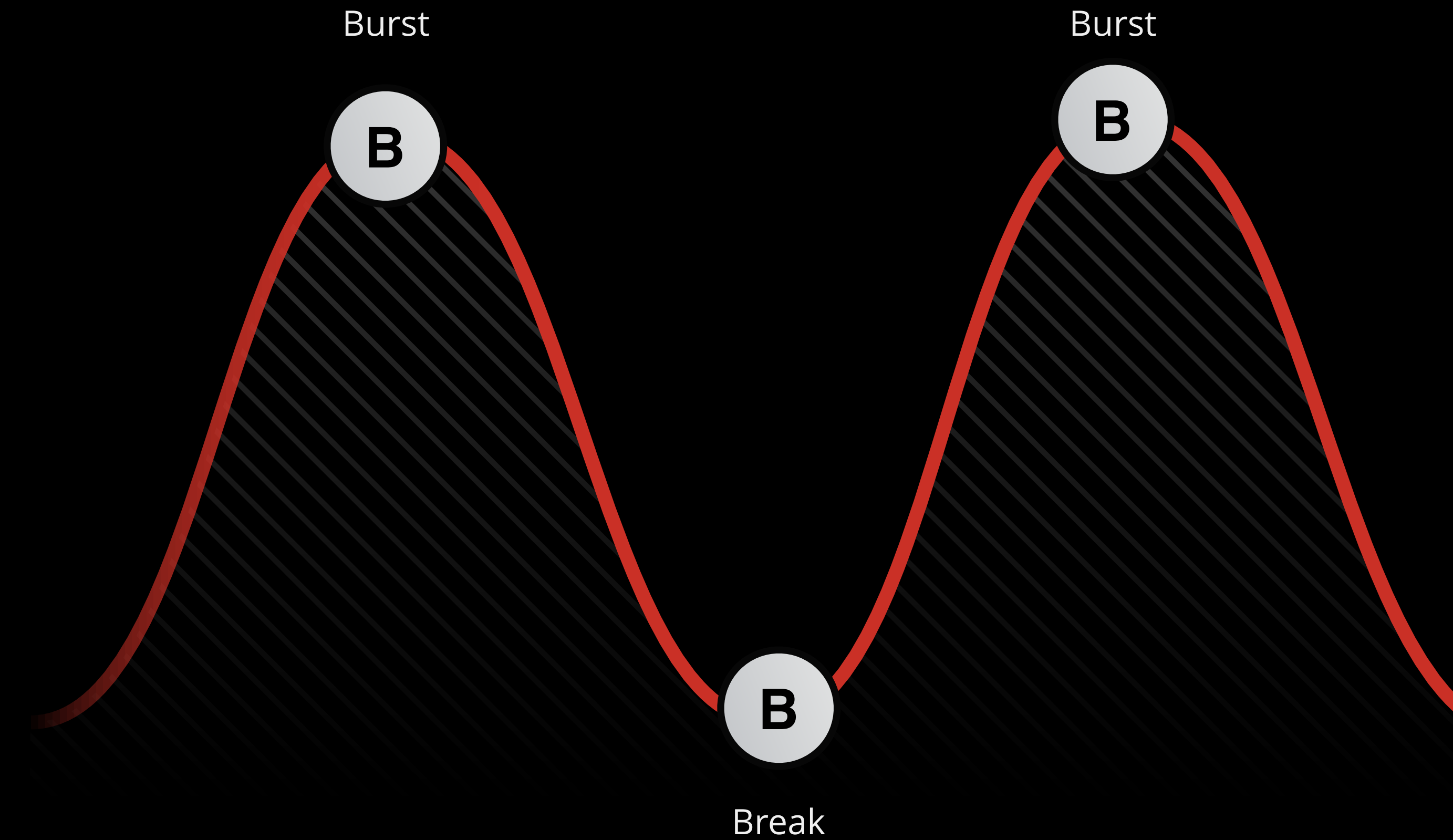
- Complex cognitive tasks
- Analytical work
- Essential meetings
- Presentations
- Owl=Evening
- Lark & Third Bird=Morning

Requires Less Intense Focus:

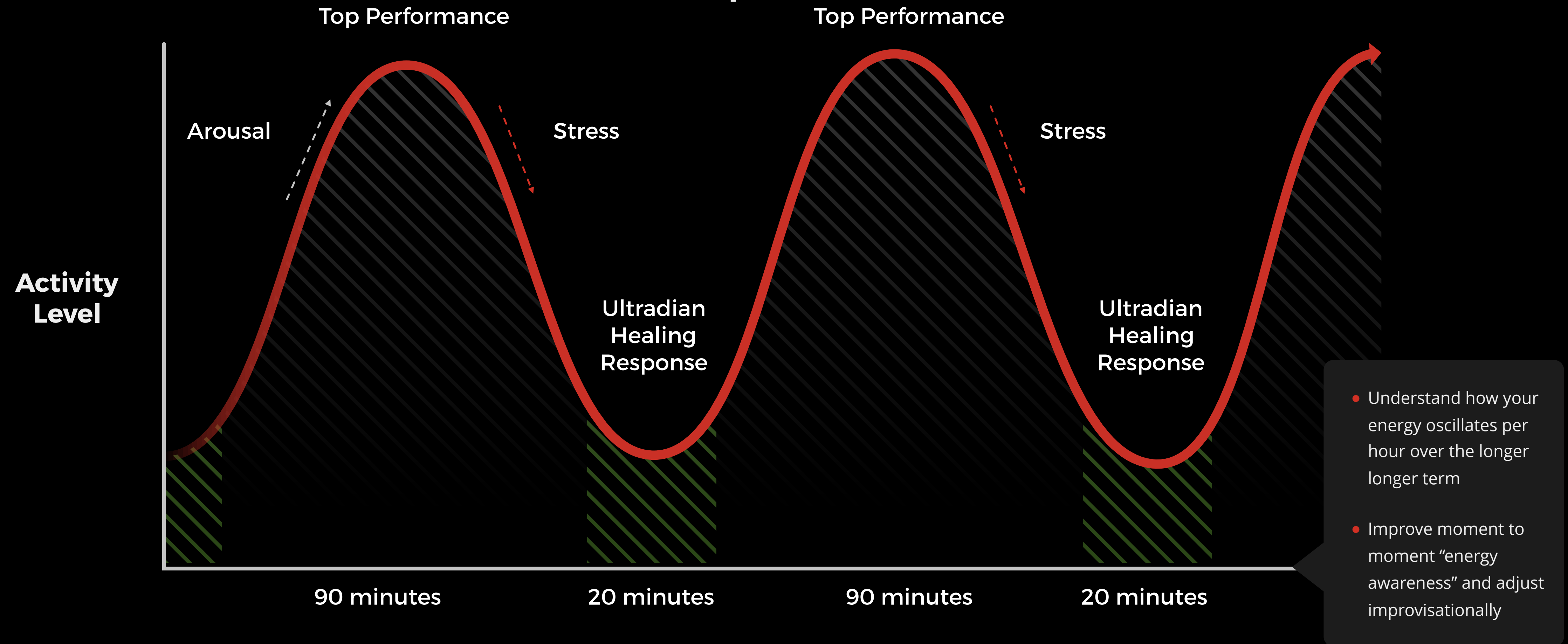
- Exercise
- Socializing
- Casual meetings
- Commuting
- Owl=Morning/Afternoon
- Lark & Third Bird=Afternoon/Evening



2 – Triple B (Burst, Break, Burst) Within Your Chronotype Based Peak



What Matters Most Is That You “Roll With It” to Achieve Momentum and Avoid Battling Uphill



3 – Win with Breaks, Naps and Walks

Good Breaks—Energy Surfing

Low Prefrontal Cortex Engagement. Low Cognitive Stimulation. Induce Boredom.

Keeps cognitive load low

- Wall staring
- Napping
- Closing your eyes
- Walking
- Stretching
- Mindfulness
- Breathwork
- Drinking/eating (and nothing else)
- Foam rolling
- Light, quick exercise

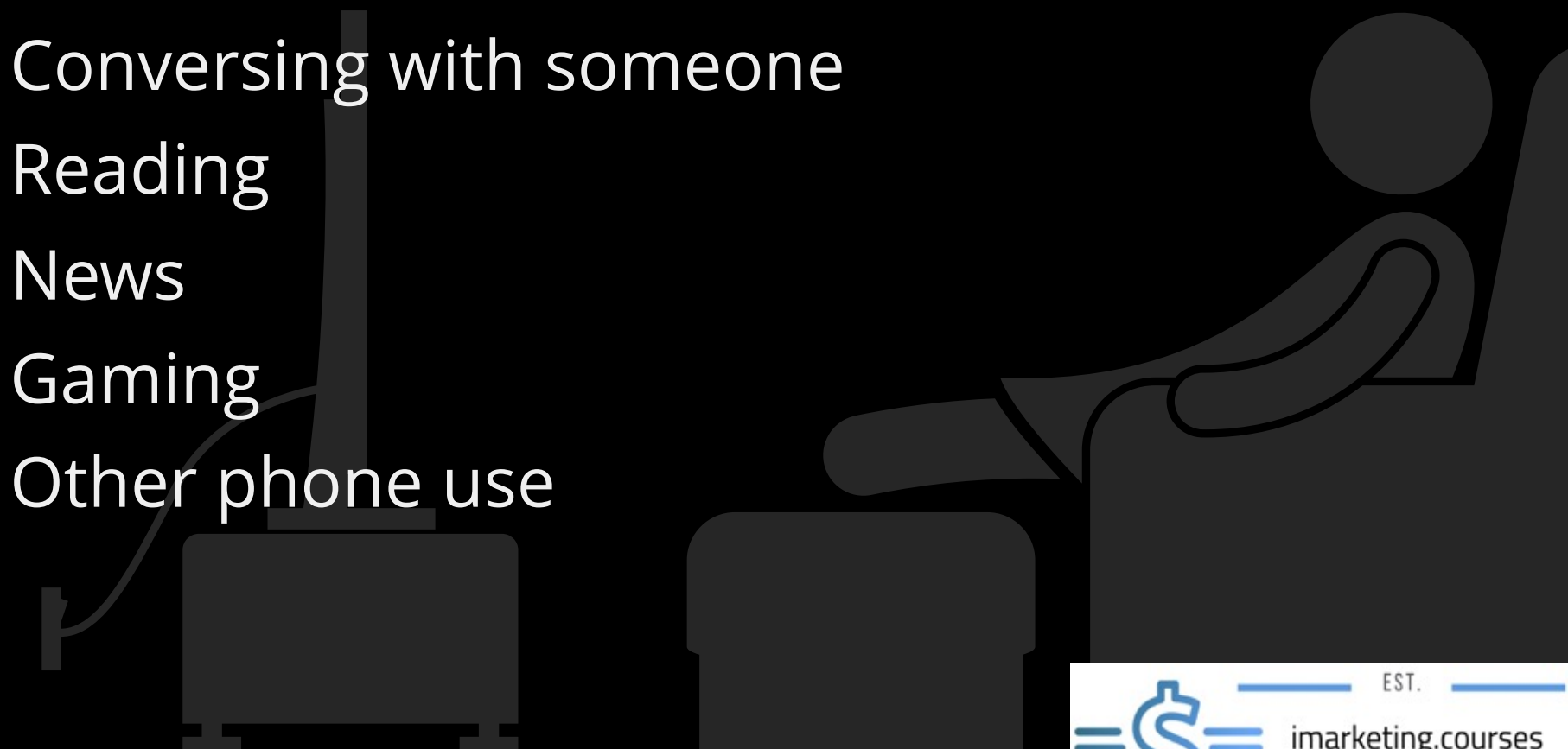


Bad Breaks—Energy Sapping

Highly stimulating. Capture Attention, Drive Dopamine. Desire More.

Raises cognitive load

- Texting
- Social media
- Video
- TV
- Conversing with someone
- Reading
- News
- Gaming
- Other phone use



4 – Enjoy the Oscillation Like Riding a Bike Downhill



What We've Covered

- 1 From “How to” to “When to”
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Exercise:

Find Your Chronotype & Identify One Variable You Can Reshuffle!

- 1 What time do you usually go to bed?
- 2 What time do you usually wake up?
- 3 What is the midpoint between those two times?
(The midpoint is the point in time right in the middle of these two other times).



Download Workbook
To Get Started

Exercise:

From Today, Begin Surfing Your Biorhythms!



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