



# MOON CYCLING

To shift ovulation later in your cycle  
follow these steps:

- Keep nights very dark during Follicular and Luteal phase.
  - limit light exposure at night - blue light blockers, dim lights, sleep with an eye mask
- During the NEW days you'd like to ovulate, introduce bright light exposure at night for 2-3 nights around when you want your ovulation to be.
  - Sleep with a light on in the hallway, take eye mask off
- In luteal go back to complete darkness.
- Keep your bedtime consistent and get sun in your eyes first thing in the morning
- Make sure stress is low and calories are not restricted.  
Stress can override any light cues.