CELLULAR COHERENCE

7-Day Morning Light Log



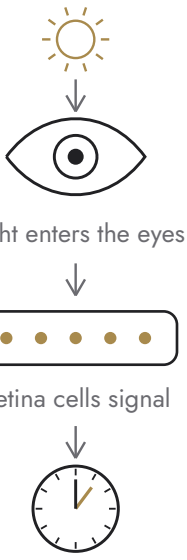
A practice to try, plus space to document your experience.

What this is

Your brain has a master clock that keeps your body on a roughly 24-hour rhythm. Light entering your eyes is its main time signal, and outdoor light is far brighter than the light in most rooms, even on a cloudy day. This log turns that into a one-week experiment: get outside early, then note what you notice.

The practice

1. **When:** go outside within an hour of waking, or as soon as you reasonably can.
2. **How long:** 5 to 10 minutes, anywhere outdoors. A porch, yard or bus stop counts.
3. **Sky:** sunny, cloudy or dim, it still counts. Cloudy daylight is usually much brighter than indoor light.
4. **Eyes:** look around normally. Never stare at the sun. Skip sunglasses if you comfortably can.
5. **Repeat:** do this for 7 days and fill in the log right after.



Safety note
Never look directly at the sun; even brief viewing can damage the eye. Stop if anything hurts. This is education, not medical advice, and it does not diagnose or treat anything. If you have an eye condition, take light-sensitizing medication or have trouble with sleep or mood, ask a health professional first.

How to log

- ☐ Fill in one block per day, right after your time outside.
- ☐ Check the sky, then circle energy from 1 (low) to 5 (high) for morning and evening.
- ☐ Add your bedtime and one sentence on what you noticed. Estimates are fine.

Your 7-day log

Days 1 to 4. Fill in right after your outdoor time.

Day 1

Date _____ Time outside _____ Minutes _____

Sky ☐ Sunny ☐ Cloudy ☐ Dark (still dark when I went out)

Energy 1-5 Morning (1) (2) (3) (4) (5) Evening (1) (2) (3) (4) (5)

Bedtime / how I slept _____

What I noticed: _____

Day 2

Date _____ Time outside _____ Minutes _____

Sky ☐ Sunny ☐ Cloudy ☐ Dark (still dark when I went out)

Energy 1-5 Morning (1) (2) (3) (4) (5) Evening (1) (2) (3) (4) (5)

Bedtime / how I slept _____

What I noticed: _____

Day 3

Date _____ Time outside _____ Minutes _____

Sky ☐ Sunny ☐ Cloudy ☐ Dark (still dark when I went out)

Energy 1-5 Morning (1) (2) (3) (4) (5) Evening (1) (2) (3) (4) (5)

Bedtime / how I slept _____

What I noticed: _____

Day 4

Date _____ Time outside _____ Minutes _____

Sky ☐ Sunny ☐ Cloudy ☐ Dark (still dark when I went out)

Energy 1-5 Morning (1) (2) (3) (4) (5) Evening (1) (2) (3) (4) (5)

Bedtime / how I slept _____

What I noticed: _____

Your 7-day log

Days 5 to 7, then a look back.

Day 5

Date _____ Time outside _____ Minutes _____

Sky ☐ Sunny ☐ Cloudy ☐ Dark (still dark when I went out)

Energy 1-5 Morning (1) (2) (3) (4) (5) Evening (1) (2) (3) (4) (5)

Bedtime / how I slept _____

What I noticed: _____

Day 6

Date _____ Time outside _____ Minutes _____

Sky ☐ Sunny ☐ Cloudy ☐ Dark (still dark when I went out)

Energy 1-5 Morning (1) (2) (3) (4) (5) Evening (1) (2) (3) (4) (5)

Bedtime / how I slept _____

What I noticed: _____

Day 7

Date _____ Time outside _____ Minutes _____

Sky ☐ Sunny ☐ Cloudy ☐ Dark (still dark when I went out)

Energy 1-5 Morning (1) (2) (3) (4) (5) Evening (1) (2) (3) (4) (5)

Bedtime / how I slept _____

What I noticed: _____

After seven days



Days outside: _____ of 7 Average minutes: _____ Most common sky: _____

What stands out, or what I would change:

Reflect, then check the evidence

Prompts for your notes, and what the research does and does not show.

Reflection prompts

What was easiest about getting outside early, and what got in the way?

What changed, if anything, in how awake I felt in the morning compared with the evening?

Did my sleep shift this week? What else could explain it?

Evidence at a glance

ESTABLISHED	Light detected in the eye reaches the brain's master clock through retinal cells that contain melanopsin. [1, 2]
ESTABLISHED	Outdoor light is far brighter than typical indoor light: roughly 25,000 lux in full daylight, about 1,000 on an overcast day, about 500 in an office, often less at home. [2, 5]
ESTABLISHED	Timing matters: light after the body-temperature low (around dawn) shifts the clock earlier, light before it shifts it later. [2, 3]
EMERGING	A week of natural light moved body-clock timing about 2 hours earlier in 8 campers. Small study; reviews are observational. [4, 5]
SPECULATIVE	The exact "within an hour of waking" window and the 5 to 10 minute dose are practical rules of thumb, not tested thresholds.

Sources

[1] Fu Y, Liao HW, Do MTH, Yau KW. Non-image-forming ocular photoreception in vertebrates. Curr Opin Neurobiol. 2005;15(4):415-422.

[2] Blume C, Garbazza C, Spitschan M. Effects of light on human circadian rhythms, sleep and mood. Somnologie. 2019;23(3):147-156.

[3] Khalsa SBS, Jewett ME, Cajochen C, Czeisler CA. A phase response curve to single bright light pulses in human subjects. J Physiol. 2003;549(3):945-952.

[4] Wright KP Jr, et al. Entrainment of the human circadian clock to the natural light-dark cycle. Curr Biol. 2013;23(16):1554-1558.

[5] Dautovich ND, et al. A systematic review of the amount and timing of light in association with objective and subjective sleep outcomes in community-dwelling adults. Sleep Health. 2019;5(1):31-48.