

Ellison Performance Newsletter

Volume 05

4 Ways To Be More Efficient with Your Morning

It is often your first waking moments of the day that dictate your energy, mood, and demeanor for what is to come in later hours. Those that are able to follow a routine/schedule are able to maximize their productivity and efficiency with their work, while those that are lackadaisical and lethargic in the morning often fall behind with the productivity curve and are left dreading the day.

In this newsletter, we will be detailing 4 ways that you can effectively improve your morning routine for increased productivity. All methods have been heavily researched and factually supported by Dr. Andrew Huberman, Professor of Neurobiology at Stanford University.

1.) Get Sunlight, 30 minutes upon waking

- Research shows that the vast majority of people are extremely vitamin D deficient, and are often lacking proper sunlight exposure. Dr. Huberman is a very large advocate for direct sunlight exposure upon waking up in the morning because of the large increases in early day cortisol release. A morning spike in cortisol will also positively influence your immune system, metabolism and ability to focus during the day. Perform this task for 20-30 minutes.

2.) Direct Cold Exposure, 1-3 minutes

- Being completely honest and transparent with our audience, this will be the most challenging task for those at home. Ice baths and cold showers have gained extreme popularity as of late. However, there is more than meets the eye besides the anti-inflammatory properties of cold exposure. Your body releases a neurochemical called epinephrine (adrenaline) which activates your “fight or flight” mechanisms. An early morning release of this chemical will allow your body to actively wake up at a much faster rate. Additionally, the direct cold exposure has been shown to release increased amounts of dopamine, the chemical most responsible for your mood. Huberman recommends 1-3 minutes of exposure in the morning at a temperature that is safe for the human body, but extremely uncomfortable.

3.) Avoid Using Your Phone

- Huberman describes the effectiveness of avoiding heavy phone usage upon the first hour of waking up. Using your phone as soon as you wake will disrupt your circadian rhythm and does not provide a large enough stimulus for natural light

exposure. Additionally, staying on your phone for a prolonged period will delay the start of your morning routine.

4.) *Delay Caffeine Consumption, 60-120 minutes*

- Drinking coffee as soon as you wake up will alter your melatonin release, the main compound in the sleep wake cycle. Additionally, your body stores and regulates the hormone “adenosine” which tells your body that you are tired and sleepy. When you readily drink caffeine upon waking up, you are building up a larger tolerance for regulating adenosine. Caffeine is a natural blocker for adenosine, this essentially means that energy drinks don’t give you energy but rather block the feeling that you have no energy. Delayed caffeine consumption will lead to an progressive increase in adenosine throughout the morning making you feel more awake and alert. Additionally, research has shown that delayed caffeine consumption can also lead to decreases in afternoon “crashes” of energy.