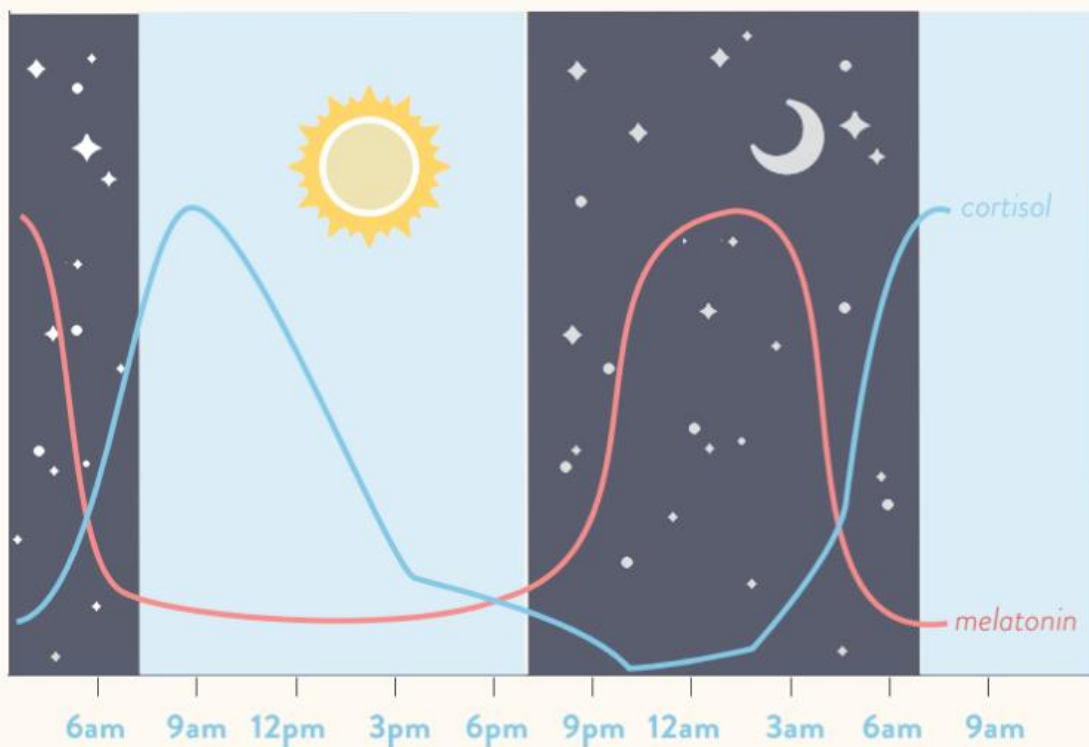


CIRCADIAN RHYTHM

Daily Cortisol & Melatonin Cycles



Level of hormones melatonin and cortisol is cycling throughout the day (cortisol has a peak soon after awaking and melatonin just in the middle of the night). Both translate the time of the day to every cell of our body. Circadian clock is impacted by many factors but most important are daylight during day and darkness at night. It is very important to have our circadian clock in line with 24h circadian rhythm. Then, not only we sleep well but our insulin level, and other hormones apart from melatonin and cortisol are better balanced. It impacts our health and well-being.

¹ Source: <https://www.thepaleomom.com/regulating-circadian-rhythm/>