

Sleep Quality Optimizer

Your body knows its rhythms. Let's honor them together.



8.0

Target Hours



22:00

Optimal Bedtime



06:00

Optimal Wake

Your Current Rhythm

Desired Wake Time:

06:00 AM

Sleep Need (hours):

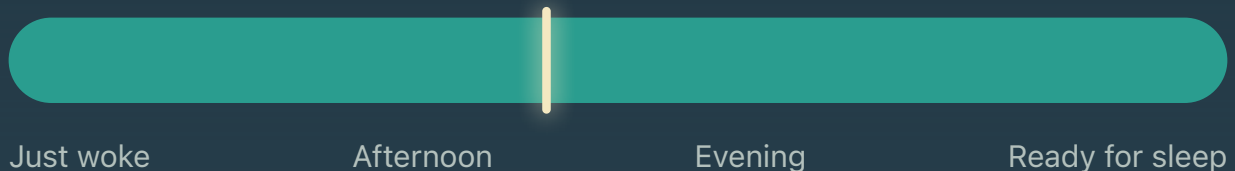
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Calculate Optimal Schedule

Sleep Pressure (Adenosine Build-up)

As you stay awake, sleep pressure naturally builds. Honor it.



Morning Light Protocol

Within 1hr

Get outside or near a bright window. This sets your circadian anchor.

10-15min

Bright light exposure signals "day" to your suprachiasmatic nucleus.



Caffeine Window

90min

Wait after waking. Let adenosine clear naturally first.

Before 2pm

Caffeine half-life is 5-6 hours. Respect the chemistry.



Evening Wind-Down

2hrs before

Dim lights. Your body needs darkness signals to release melatonin.

1hr before

Cool environment (65-68°F). Temperature drop signals sleep time.



Sleep Hygiene Sovereignty

Consistent

Same sleep/wake times. Your circadian system loves predictability.

If awake

After 20min, leave bed. Break the frustrated-awake association.

Your Sleep, Your Sovereignty

These are biological patterns, not moral judgments. Your circadian rhythm is unique to you.

Sleep is not productivity. It's restoration. Honor your body's wisdom about what it needs.

No tracking required. No performance metrics. Just awareness and respect for natural rhythms.

You are not broken. You're working with ancient biology in a modern world.