

## Tools & Interventions

Use these simple tools to improve energy regulation, focus, and recovery in daily life.

## 1. Sleep Window Audit

Track bedtime, wake time, and perceived sleep quality for one full week.

[illegible]

## 2. Morning Activation Protocol

A 5-minute morning ritual of sunlight + movement to reset your circadian rhythm.

[illegible]

### 3. Hydration Trigger

Track your hydration habits around key energy windows: before coffee, lunch, and mid-afternoon.

[illegible]

