

Light & Sleep: Your Seasonal Starting Map

Use this alongside Circadian Rhythm: Daylight, Sleep and Cortisol Timing. Map one ordinary day before adding a new routine.

- Identify your actual sleep opportunity and required getting-up time.
- Find one feasible daylight window, considering access and weather.
- Notice one evening activity or light source that may affect your timing.
- Choose one small adjustment and one fallback.
- Keep notes descriptive: this is not a hormone test.

My daylight opportunity

My evening constraint

One manageable choice and fallback

Choose the seasonal option

Never look at the sun. Keep sufficient lighting for safe tasks. This sheet does not prescribe light therapy, melatonin or sleep restriction. Persistent sleep problems, significant daytime sleepiness or seasonal mood symptoms deserve individual advice. Shift workers need a plan suited to their schedule. [03-12, 03-13]

Short-day option	Long-day option
Use a feasible daytime break when available.	Notice early bedroom light and long evening activities.
Prepare for rain, ice and limited daylight.	Account for heat, sun protection and noise.
Use an ordinary indoor fallback if necessary.	Use a realistic evening end point if useful.

One observation tomorrow morning

One question the observation cannot answer

The full Seasonal Light and Sleep Planner adds twenty-eight distinct daily prompts with both seasonal options. Visit avonoria.com for availability.

Source article: Circadian Rhythm: Daylight, Sleep and Cortisol Timing

[03-13] Insomnia Source

General education for adults; not diagnosis or treatment. No therapeutic outcome is promised.