

Watch the episode and fill out the gaps

1. After about 30 minutes, or a cup of coffee, they begin to come to.....
2. The truth is there's a lot of space between these extremes, and most people somewhere in the middle.
3. And a part of that performance is managing the body's transitions between being awake and being asleep.
4. However, by tracking how much light you typically get and when in your waking hours you usually get it, the system can make about when you're likely to need sleep, and prepare your body accordingly.

5. Everyone's bodies are, so even two people with the same sleep schedule might have different experiences based on their circadian system's hormonal quirks.
6. Keeping consistent sleeping hours helps your body accurately predict when to send out hormones, making it easier to to your schedule.
7. Getting sufficient contrast between bright daylight and dimmer nighttime light is for synchronizing your circadian rhythm.
8. But whether you're an early bird, night owl, or somewhere in between, it's important to remember that as long as you're, there's no wrong time to wake up or go to sleep.