

ANDREW HUBERMAN'S MORNING ROUTINE

Wake up early

Waking up early, around **5:00 or 6:00 am** helps you feel **more energized and focused** throughout the day.

Get exposure to natural light

This can help to **regulate the body's internal clock** and improve overall **mood and energy levels**.

Hydrate

Adding some **lemon juice or apple cider vinegar** to the water **alkalizes the body** and **improves gut health**.

Meditate

Practice for at least **10 minutes every morning** to **help reduce stress** and **improve mental clarity**.

Stretch

Spend a few minutes **stretching** to improve **flexibility**, **reduce muscle tension**, and **increase blood flow**.

Exercise

Engage in some form of **physical activity** to help improve overall **fitness and energy levels**.

Fuel up with a healthy breakfast

A healthy breakfast (eggs, avocado, and whole-grain toast...) will provide **sustained energy** throughout the day.

Cold exposure

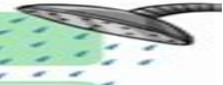
Taking a cold shower **improves circulation**, **reduces inflammation**, **boosts metabolism**, and **guards your health** against cold weather.

Journal

Journaling can help you improve **self-awareness** and **mental clarity**.

Set and review daily goals

Review your goals at the end of the day as a way to **reflect on progress** and **identify areas for improvement**.



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