

# 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

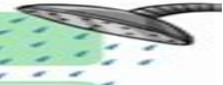
Taking a cold shower improves circulation, reduces inflammation, boosts metabolism, and guards your health against cold weather.

## 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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