

Here's a brief guide to the features of your **energy cycle**:

- Approximately three hours after waking (assuming you're on a consistent sleep schedule), you'll experience a high point in focus and energy, lasting about two hours.
- Immediately after lunch, your body will shift its energy resources to digesting food. You'll become tired, sluggish, dare I say lethargic. Focus will wane and even simple tasks like email or basic math will take heroic effort to overcome.
- During the afternoon, your body will become restless and seek a physical outlet for its energy reserves. This is the period of time where you're most likely to fidget restlessly, searching for a physical outlet to release pent up energy.
- A couple hours after dinner you'll experience a sharp rise in creative thinking. This correlates to increased body temperature and blood pressure.
- Around sundown your body will begin secreting melatonin, a hormone responsible for regulating sleep. As your melatonin levels increase, you'll experience a general decline in focus and within a couple hours it's time for bed.
- It's important to realize that these cycles are not based on sun, thanks in no small part to artificial light. Instead, they follow your sleep schedule and can work regardless of when you rise and fall.