

The Circadian Code

by Satchin Panda

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Anchor wake time within a 60-minute band every day**

Pick a realistic wake window and protect it on weekdays and weekends. This is the highest-leverage move for circadian stability.

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⁰² **Get 10-20 minutes of outdoor light soon after waking**

Make morning light exposure automatic before checking your phone. Treat it as your daily circadian reset signal.

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⁰³ **Run a consistent 10-hour eating window for 14 days**

Choose a start and stop time you can maintain. Keep calories inside the window and water outside it.

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⁰⁴ **Finish your final meal at least 3 hours before bedtime**

Create a clear overnight fasting block so digestion and sleep processes are not competing at the same time.

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⁰⁵ **Dim overhead lights after sunset and reduce bright screens**

Use warmer, lower-intensity evening lighting to protect melatonin release and improve sleep timing.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Keep weekend wake-time drift under 90 minutes**

If weekends differ too much from weekdays, Monday feels like a time-zone shift. Keep the gap small.