

# ANDREW HUBERMAN

## DAILY ROUTINE

### 6:00 AM - WAKE-UP

Wakes up naturally between 5:30 am and 6:30 am. He does not use an alarm.

### 6:00 AM - MORNING HYDRATION

Drink 2 glasses of water.

Hydrates it with Lemon and Salt (this helps counteract hunger).

### 6:00 AM - YOGA NIDRA

10-35 min

If you wake up not fully rested, Yoga Nidra can help you achieve a sleep-like state and replenishes dopamine, reduces cortisol, reduces total sleep need.

10 min Yoga Nidra

35 min Yoga Nidra

### 6:45 AM - SUN EXPOSURE

2-10 minutes of sunlight exposure while walking for optic flow.

Optional: Use an artificial light if the sun has not yet arisen. Get sunlight when it is available.

## 7:00 AM - COLD EXPOSURE

Resilience: 1X weekly, 1-3 min

Metabolism: 2X weekly / 11 min total

Recovery: 3-6 min after training

How cold? "I really want to get out but can stay in safely". (~45F or ~7C)

## 7:30 AM - TRAINING

45 min

Sunday – Endurance;

Monday – Legs;

Tuesday – Heat/cold cycling;

Wednesday – Torso push/pull;

Thursday – High effort, short cardio;

Friday – High-intensity interval training

## 10:00 AM - MORNING CAFFEINE

Delays caffeine or tea intake by 2 hours after waking for adenosine regulation.

Prefers Yerba Mate over coffee.

Prioritizes deep thinking tasks early in morning.

## 1:00 PM - FIRST MEAL

Practices Intermittent Fasting. Usually fasts for 12-16 hours, and has his first meal early afternoon.

## 3:00 PM - YOGA NIDRA

30 min

Optional: If Dr. Huberman is still feeling unrested he will do another 10-30 minute Yoga Nidra session.

10 min Yoga Nidra

35 min Yoga Nidra

## 6:30 PM - EVENING CARDIO

## 7:00 PM - EVENING MEAL

Eats 3-4 hours before bedtime

Eats carbs for replenishing glycogen levels and helps with sleep

Avoids eating too much meat before bed to avoid long gastric clearance.

## 9:30 PM - DIMS LIGHTING

Avoid viewing bright lights—especially bright overhead lights between 10 pm and 4 am.

## 10:00 PM - READS

Andrew Huberman's Reading List.

The best and most potent supplements can be found at [NootropicsDepot](#).

[Check out](#) the supplements that Dr. Huberman uses.

Created by: [ExuberantLife.co](#)