

Andrew Huberman Morning Routine

Science-backed steps to boost focus, regulate circadian rhythm, and jump-start your day.

Sunlight Exposure (0–30 min)

Spend **10–30 minutes** outdoors immediately after waking to end melatonin release and lock in your body clock.

- No sunglasses; never stare at the sun.
- Cloudy? Stay out longer—daylight still beats indoor bulbs.

Hydrate Aggressively

Drink 300–500 ml of water right away to rehydrate and kick-start metabolism and cognition.

Light Movement

Walk, stretch, or perform mobility drills to raise core temperature and cue your nervous system to be alert.

Delay Caffeine (≈90 min)

Wait 60–90 minutes before coffee. Let cortisol peak first to avoid crashes and maintain caffeine sensitivity.

Breathwork

Use cyclic sighing (double inhale, slow exhale) for 1–3 minutes to lower stress hormones and sharpen focus.

Cold Exposure (Optional)

A 1–3 minute cold shower or plunge can spike dopamine by up to 250 %, boosting mood and motivation for hours.

Mental Priming

Write down your top three priorities and visualise completing them to prime your prefrontal cortex for action.