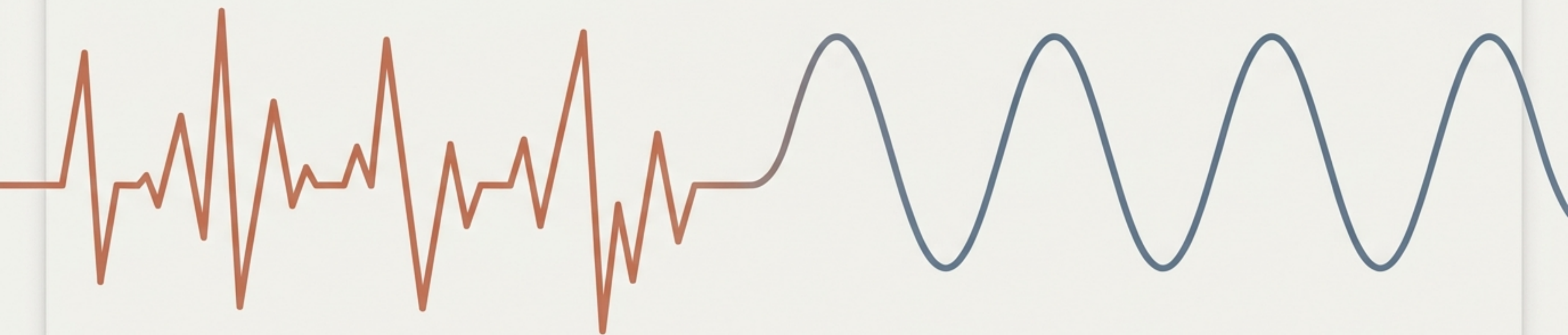


How to Increase Your HRV Tonight

Beginner's Guide to Peak Recovery

4 Science-Backed Protocols to Hack Your Autonomic Nervous System



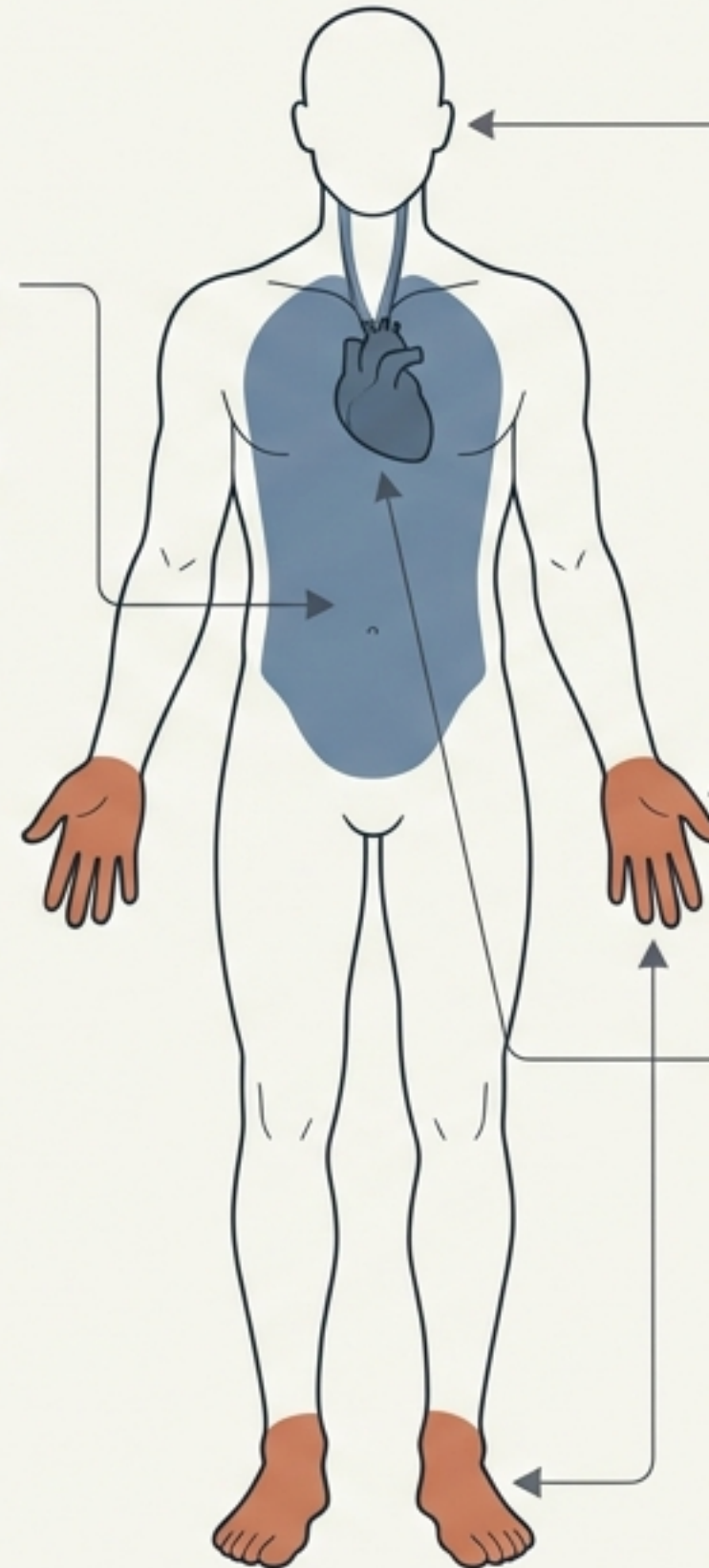
The Thermal Switch: Lower Your Core

ACTION: Drop bedroom temp to 18–22°C (or 24°C for ages 65+).

SYSTEM OVERRIDE

Pro-Tip: Take a warm evening shower. Passive body heating forces blood to the skin's surface, accelerating rapid core heat loss the moment you step out into a cool room.

The Autonomic Shift
Core cooling activates cold-sensitive thermoreceptors, instantly triggering vagal efferent pathways.



Distal-Proximal Gradient

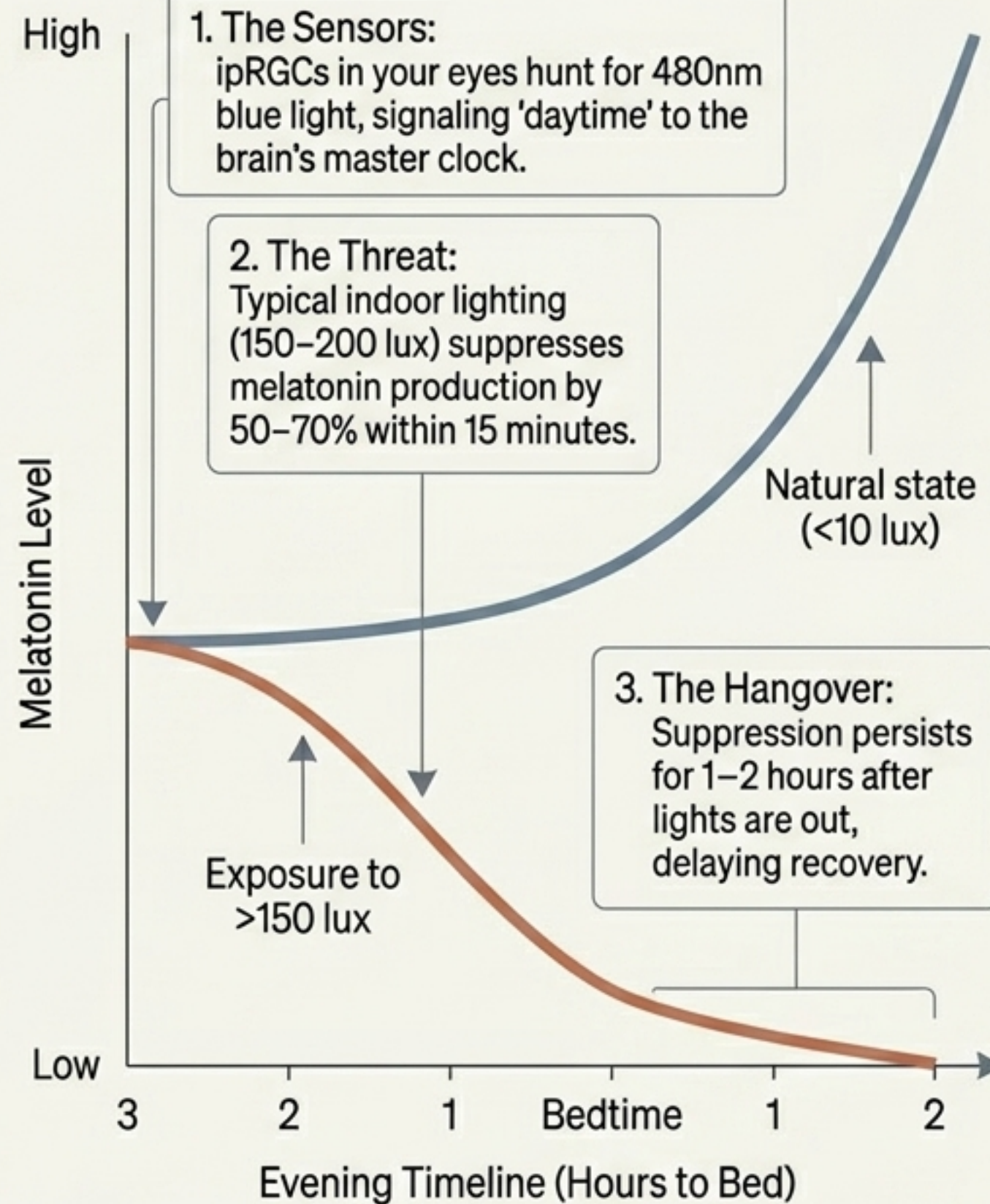
Blood vessels in the hands and feet dilate to release heat outward, rapidly dropping core temperature.

The Result

Shifts body into parasympathetic dominance, increasing High-Frequency HRV and reducing sleep latency.

The Light Lever: Starve Your ipRGCs

ACTION: Dim lights below 10 lux starting 2 hours before bed.



Melanopic EDI Scale



Daytime Target
>250 Lux
Anchors circadian clock



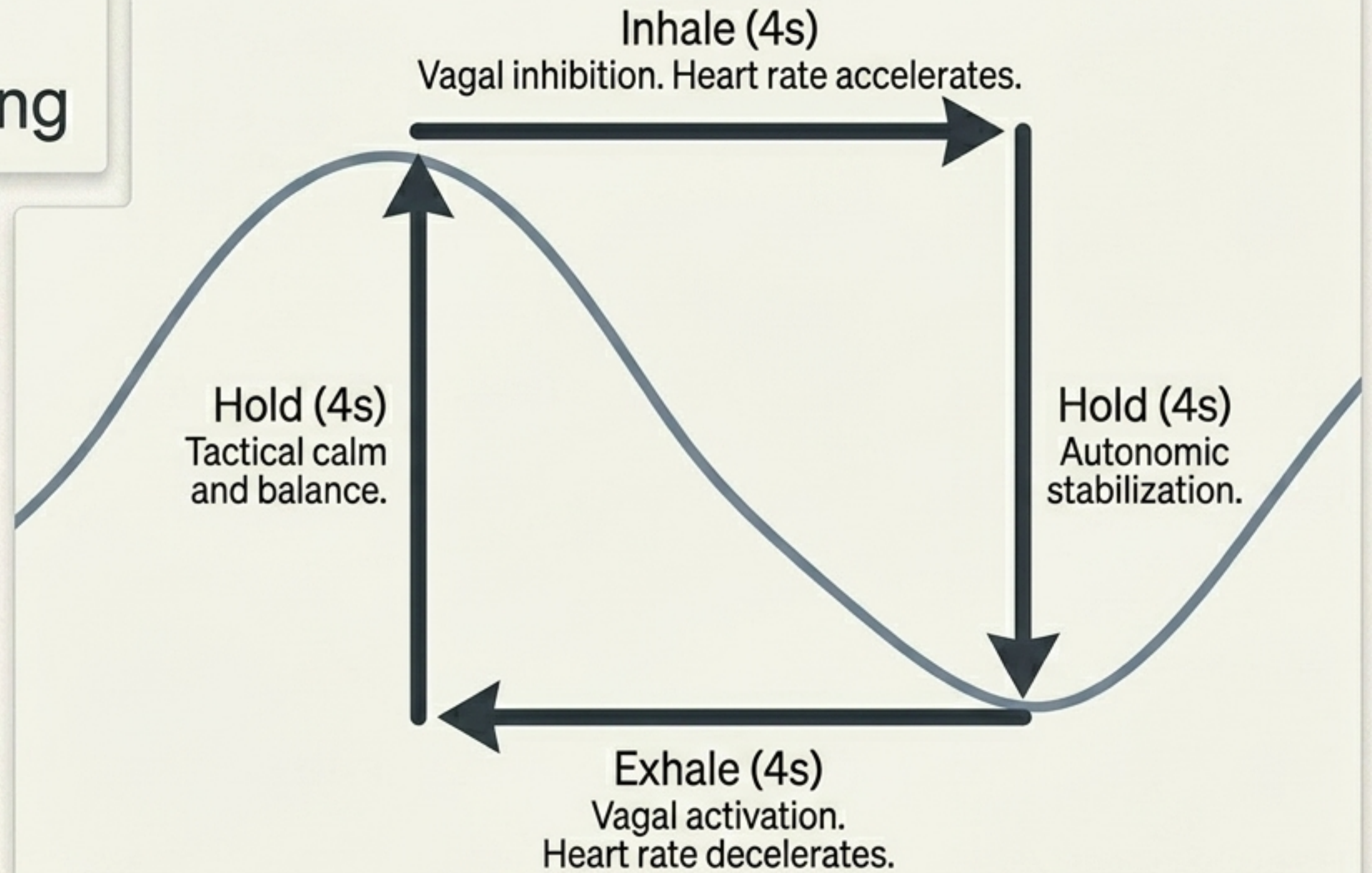
Pre-Bed Target
<10 Lux
Facilitates melatonin rise



Sleep Target
<1 Lux
Maintains biological night

The Autonomic Metronome: Box Breathing

ACTION: Perform 5 minutes of 4-4-4-4 breathing in bed.



THE MECHANISM: Rhythmic breathing near your body's resonance frequency stimulates the baroreflex. This acts as a physical workout for the vagus nerve, maximizing HRV amplitude and shifting the body from defense to repair.

The Chrono-Sync: Align Your Clocks

ACTION: Stop eating 2–4 hours before sleep.

1. Zeitgebers (Time-Givers)

Light sets your brain's clock, but food sets your gut's clock.

2. Chrono-Misalignment

Late meals force the peripheral clocks to run while the central clock prepares for sleep, desynchronizing the system.

3. The Autonomic Consequence

Late digestion triggers a heightened metabolic rate, impairs glucose homeostasis, and drives systemic inflammation—tanking overnight HRV.

NUTRITION NOTE

If you must eat, prioritize tryptophan-rich foods or complex carbs, which indirectly aid melatonin biosynthesis. Avoid high-GI processed foods that promote inflammation and thermal loading.

