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Reset Your Inner Clock: The Drug-Free Way to Your Best-Ever Sleep, Mood, and Energy

By Michael Terman Ph.D. and Ian McMahan Ph.D.

INTRODUCTION TO RESET YOUR INNER CLOCK

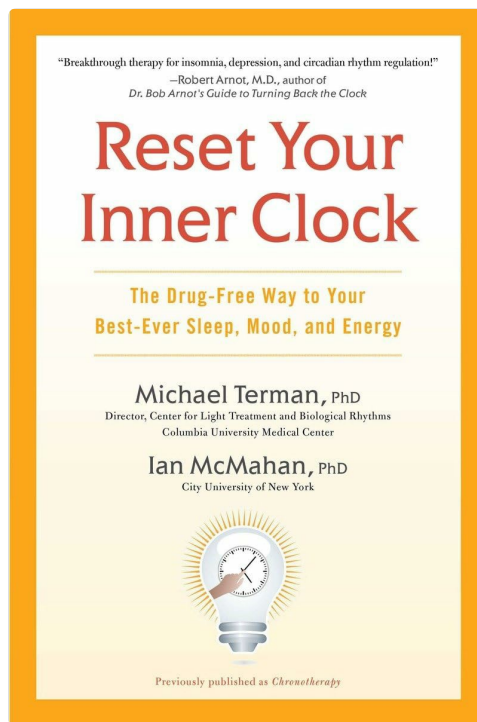


Image: The front cover of the book "Reset Your Inner Clock," featuring the title prominently and the names of authors Michael Terman Ph.D. and Ian McMahan Ph.D. A graphic of a lightbulb with a clock inside is at the bottom.

This book presents a comprehensive program designed to recalibrate the body's internal clocks, which are exquisitely sensitive to the timing and brightness of light exposure. It addresses the interconnected issues of sleep problems and depressed mood, offering insights into the brain functions that contribute to these disorders. The program integrates natural light exposure with supplemental light therapy, aiming to improve sleep, mood, and energy levels by aligning internal rhythms with modern societal demands.

CORE CONCEPTS: UNDERSTANDING YOUR INNER CLOCK

The foundation of chronotherapy lies in understanding the intricate relationship between our internal biological clock and external environmental cues, primarily light and darkness. Key concepts explored

include:

- **External vs. Internal Time:** Explores the difference between the 24-hour clock and the brain's slightly different internal clock, and how to synchronize them.
- **The Pressure to Sleep:** Discusses the physiological drive to sleep and how it interacts with the internal clock's readiness for sleep.
- **Owls, Larks, and Hummingbirds:** Categorizes individual chronotypes and provides guidance on optimizing daily activities based on one's natural rhythm.
- **Getting Light into the Brain:** Details how the eyes transmit light signals to the internal clock and the significance of these signals.
- **Getting Light Wrong:** Explains the negative consequences for mood, alertness, and sleep when light and darkness exposure occur at inappropriate times.
- **Geography and Time:** Examines how geographical location can influence mood and sleep patterns.

APPLICATIONS OF CHRONOTHERAPY

The book outlines practical applications of chronotherapy to address various sleep and mood-related challenges:

- **Healing Light:** Provides detailed guidance on using light to resolve sleep problems, enhance energy, and foster a more positive outlook.
- **Nighttime Meds and Melatonin:** Offers an alternative perspective on sleep aids, proposing a brain-clock-based approach.
- **Hospitalized with Depression:** Discusses the potential of chronotherapy for rapid improvement and sustained recovery in severe depression.
- **Beyond Light: The Charge in the Air:** Explores additional environmental factors that can influence well-being and how new technologies can replicate beneficial effects.

CHRONOTHERAPY ACROSS LIFE STAGES AND SCENARIOS

The principles of chronotherapy are adapted for specific populations and situations:

- **The Promise of Pregnancy:** Guidance on how chronotherapy can support well-being during pregnancy.
- **Strategies for Babies and Children:** Advice for promoting healthy sleep and mood in infants and children.
- **The Challenges of Adolescence:** Addresses common sleep and mood issues in teenagers and offers practical steps for improvement.
- **In Later Years:** Strategies for older adults to combat fatigue, poor sleep, and low mood.
- **Coping with Shift Work:** Methods to maintain alertness and mood for individuals with irregular work schedules.
- **Racing the Clock, Racing the Sun (Jet Lag):** Techniques to prepare for travel and recover from jet lag effectively.

FUTURE OF CHRONOBIOLOGY

The book also looks forward to the broader impact of chronobiology:

- **Chronobiology in the Home and Workplace:** Discusses how collaboration between chronobiologists and architects can transform living and working environments.
- **Dawn of a Circadian Science:** Explores the integration of chronotherapy insights into mainstream medicine.

ABOUT THE AUTHORS

The insights presented in this book are the result of extensive research and clinical experience:

Michael Terman, Ph.D.: Director of the Center for Light Treatment and Biological Rhythms at Columbia University Medical Center. He founded the Center for Environmental Therapeutics, a non-profit education and research agency.

Ian McMahan, Ph.D.: A widely-published, award-winning developmental psychologist and a professor emeritus of psychology at Brooklyn College, City University of New York.

BOOK SPECIFICATIONS

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