



**DAILY HEALTH**  
UPGRADE

# 7 Simple Health Hacks to Boost Energy, Sleep Better & Recover Faster

Free Wellness Guide



# Introduction



At Daily Health Upgrade, we're all about practical tools for high performance. Whether you're a parent, an athlete, a night owl or an entrepreneur, this guide is for anyone who wants to feel better using real science—not hype.

Inside, you'll find 7 simple daily habits that:

- Enhance red light therapy results
- Improve sleep and energy
- Support your recovery and mental clarity

These aren't fads—these are evidence-based practices used by high performers around the world.

**Use what works. Ditch what doesn't. Start small—and feel the difference.**

# Combine Morning Sunlight with Red Light



## **What to do:**

Spend 5–10 minutes each morning in natural sunlight, then follow with 10–20 minutes of red light therapy.

## **Why it works:**

- Sunlight helps reset your circadian rhythm
- Red light penetrates mitochondria, stimulating energy (ATP) production
- The combo balances your mood, energy, and sleep-wake cycle

**Pro Tip:** Do light movement or stretching near a window with your red light mat on. Even better? Go outside barefoot for grounding.



# Hydrate Properly



## What to do:

Drink 500–750ml of water first thing in the morning, ideally with added electrolytes (like sea salt, LMNT, or coconut water).

## Why it works:

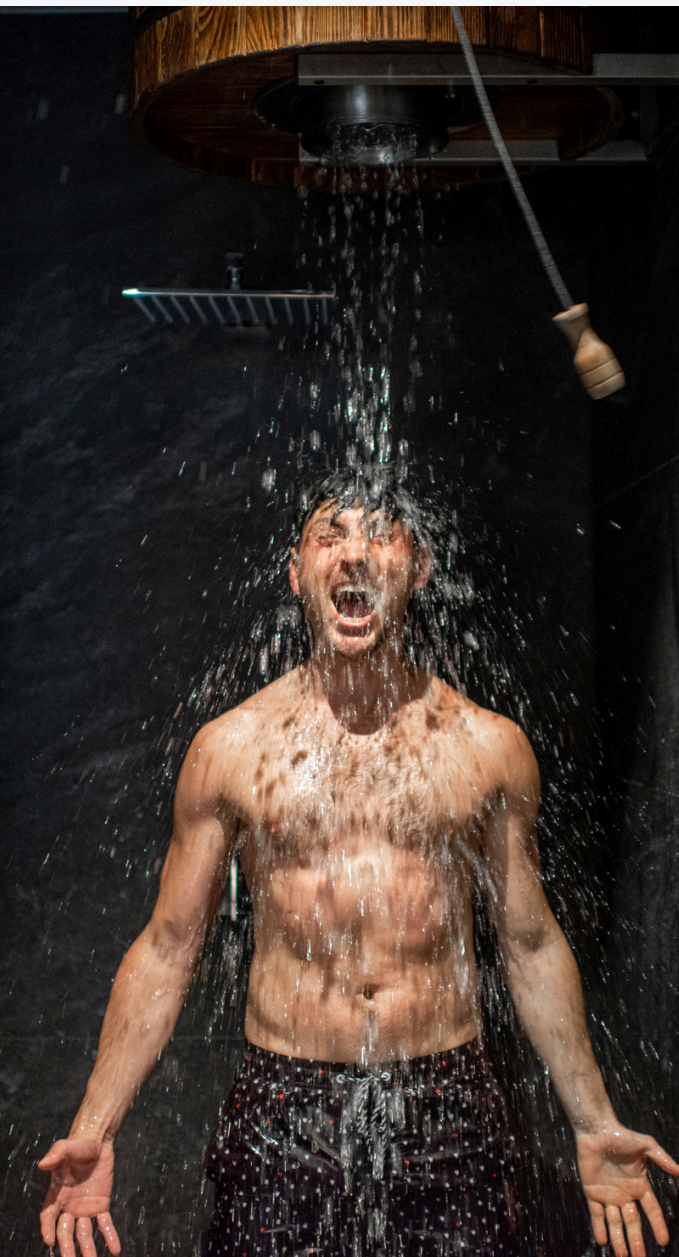
- Dehydrated cells = sluggish energy, lower red light benefits
- Electrolytes help your cells utilise red light more efficiently
- Helps reduce headaches and fatigue

## Try This Morning Mix:

- 1 glass filtered water
- A pinch of sea salt
- Squeeze of lemon
- Optional: trace mineral drops



# Use Breathwork or Cold Showers to Amplify Your Routine



## What to do:

Incorporate a 1–5 minute breathwork session or cold shower post-RLT or during your morning ritual.

## Why it works:

- Breathwork improves oxygen efficiency + mental clarity
- Cold exposure activates the nervous system and circulation
- Pairs well with red light for a full-body reset

## Try This:

- Box breathing (4-4-4-4) for 2 minutes
- 30-second cold rinse after a warm shower



# Stretch or Foam Roll with Red Light Therapy

## **What to do:**

Use your red light mat while doing dynamic stretches or foam rolling for 10–15 minutes after a workout or long day.

## **Why it works:**

- Red light reduces post-exercise inflammation
- Improves blood circulation and speeds up tissue repair
- Enhances flexibility and reduces soreness (DOMS)

## **Suggested Moves:**

- Hip flexor stretch
- Hamstring stretch
- Thoracic spine twists
- Calf rolls with foam roller

**Bonus:** Use it barefoot or shirtless to expose more skin = better absorption.



# Eat Protein + Healthy Fats for Stable Energy



## **What to do:**

Start your day with protein and healthy fats—avoid sugary breakfasts that spike (then crash) your energy.

## **Why it works:**

- Protein helps repair muscle and supports neurotransmitters
- Fats support hormone balance and brain function
- Prevents the mid-morning energy crash

## **Smart Breakfast Examples:**

- 2 eggs, avocado, greens
- Greek yogurt with hemp seeds and berries
- Protein smoothie with MCT oil

# Use Red Light Before Bed for Better Sleep



## **What to do:**

Use red light therapy 30–60 minutes before sleep for 10–20 minutes in a dim, tech-free setting.

## **Why it works:**

- Red light doesn't disrupt melatonin like blue/white lights
- Helps calm the nervous system and reduce cortisol
- Promotes deeper, more restorative sleep

## **Sleep Setup Tip:**

Create a wind-down ritual: dim lights, no screens, red light session, reading or meditation.



# Ditch Blue Light at Night



## What to do:

Turn off overhead lights and screens 1 hour before bed—or wear blue light blocking glasses.

## Why it works:

- Blue light tricks your brain into thinking it's daytime
- Suppresses melatonin (your sleep hormone)
- Reducing screen exposure improves sleep quality

**Bonus:** Let red light be your night light—calming, effective, and sleep-friendly.





# You're Ready: What to Expect Next

That's it—you've got 7 powerful habits that stack together.

Start with 1–2, make them stick, then add more.

Looking for red light products? Shop now at [theredlightlab.com](https://theredlightlab.com)

Need more recommended products? Head to our website: [www.dailyhealthupgrade.com](https://www.dailyhealthupgrade.com)



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