Circadian Clocks, Habits and (in)tellectual Productivity

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QUESTIONS

- What is a habit, circadian cycle, intellectual optimization?
- What is the dynamic of (my) brain activity?
- How can I optimize it on daily/monthly/decade's basis?
- What factors influence (the most) (my) performance?
  - Fasting mimicking state, exercise/sleeping, neurotrophics, oxygen, glucose
ANATOMY OF A CIRCADIAN HABIT

1. Motivation -> Intention
2. Algorithm -> Ability
3. Context, Trigger

\[ \text{Habit} = \text{Frequency} + \text{Automaticity} \]
ANATOMY OF A CIRCADIAN HABIT

- Motivation -> Intention
- Algorithm -> Ability
- Context, Trigger
- Frequency + Automaticity
- Biological cycles
- Resting / Neural regeneration / Fasting
- Meditation / Yoga
- Neurotrophics
THANKS!

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