

CIRCADIAN RHYTHM ENTRAINMENT

Medicines for circadian rhythm entrainment:

- **Belsomra** and **Dayvigo**, orexin antagonists, taken at the same desired bedtime each night
- **Trintellix**, an antidepressant which may improve cognition and which [antagonizes 5-HT7, enhancing entrainment of the internal timekeeper](#)
- **Lithium**, low-dose – [maps to 6 circadian clock genes](#) in perhaps one of five individuals
- **Melatonin** 0.3–0.5 mg taken at dusk
- For an advanced sleep phase, take a 2mg slow release melatonin tablet (**Circadin™**) as close to the new (later) bedtime as possible. A second option is to take a small dose of melatonin (0.3 mg), about half way through your sleep period, if you wake up at that time on your own
- **Methylcobalamin**, (vitamin B12) enhances light sensitivity of the “clock” and regulates cortisol “peak”, though this is a [complicated story](#)
- **Nicotinamide adenine dinucleotide (NAD)** works on SEM (slow eye movement) to correct circadian rhythm dysregulation – RealNAD is very expensive and only available through a clinician who sells it directly from their office; you may use the precursors, nicotinamide riboside (NR) or nicotinamide mononucleotide (NMN), and Elysium or Nootropics Depot are sources my clients have purchased at.

Practices for entrainment:

- **Control junk light!** Use blue-blocking glasses (consider [True Dark](#), which block block up to 100% of the wavelengths below 590nm), limiting screen time, using software or hardware screen filters, "night mode" on devices – use starting at dusk light if shifting phase back; use in AM if shifting forward
- **Avoid use of sunglasses** earlier in the day to correct sleep phase delay
- **Use bright artificial light** 10,000 lux, ~468 nm (blue-green spectrum) – 1/2 hr in the AM as close to waking as possible for entrainment to daily wake time. Luminette, Pegasi and Ayo light therapy glasses serve this purpose. You may also [consider a dawn simulator](#), though this is not the correct wavelength or brightness Use your light box or glasses in early evening if attempting to shift sleep phase forward
- **Food timing** – eating on a schedule. Your evening meal is a “zeitgeber”, or timegiver. Your liver has clock genes!
- **Early AM (or close to waking) exercise** for shifting phase back; evening exercise if wanting to go to bed later – get some therapeutic light at the same time, outdoors or with therapy glasses