

# Personalized Sunlight & Cold Therapy Plan

## Morning Routine (Best for Energy & Focus)

- Sunlight Exposure (Within 30-60 Min of Waking Up)
  - Duration: 10-30 minutes (adjust based on energy levels).
  - Where: Sit by an open window, step outside, or take a short walk.
  - Modifications:
    - If heat-sensitive: Indirect sunlight (shade, window exposure).
    - If light-sensitive: Wear a hat/visor, use morning or late afternoon light.
  - Why? Regulates circadian rhythm, boosts dopamine & serotonin.
- Gentle Movement (Optional)
  - If tolerated, pair sunlight with stretching, yoga, or a slow walk.
  - If fatigue is high, just sit or lay in sunlight.
- Hydration & Protein Intake
  - Water + electrolytes (Vital Proteins Hydration + Collagen is a good option).
  - Protein-rich meal or snack (supports dopamine production).

## Midday Reset (If You Need an Energy Boost)

- Cold Face Immersion (1-3 Minutes)
  - Dunk face in cold water (50-55°F / 10-13°C).
  - Activates the vagus nerve, lowers stress & boosts dopamine.
- Short Sunlight Boost (5-10 Minutes)
  - If inside most of the day, get midday sun for extra dopamine & vitamin D.
- Optional: Contrast Shower (If You Need a Dopamine Kick)
  - 30 sec cold / 1 min warm, repeated 3-5 times.

## Afternoon/Evening (For Calm Focus & Recovery)

- Cold Therapy (5-10 Min of Targeted Cooling)
  - Option 1: Cold Hand/Foot Bath (50-60°F / 10-16°C for 5-10 min).
  - Option 2: Cold Compress on Neck/Chest (5-10 min).

- Gentle Movement (If You Feel Stiff or Restless)
  - Light stretching or mobility work (hEDS-friendly).
  - Short walk in evening light for dopamine/melatonin balance.

## **Night Routine (For Dopamine Regulation & Better Sleep)**

- Sunset or Evening Light Exposure (If Possible)
  - Helps wind down the nervous system and balances dopamine & melatonin.
- Vagus Nerve Stimulation (If Cold Therapy is Too Overstimulating)
  - Humming/singing (activates the vagus nerve).
  - Gargling cold water (gentler version of cold exposure).
  - Deep breathing (long exhales to stimulate relaxation).

## **Adjustments Based on Energy Levels**

- On High-Energy Days:
  - Add a short midday sun exposure session.
  - Try a full cold shower or contrast shower.
  - Increase movement with gentle stretching or light exercise.
- On Low-Energy Days:
  - Skip cold exposure and just do cold compresses or vagus nerve work.
  - Get sunlight passively (by a window or lying outside).
  - Focus on hydration and protein instead of movement.