

# Circadian Worksheet

A fundamental exercise when healing from a dysautonomic syndrome like fibromyalgia is to create a pattern for your daily cycles. A consistent sleep, wake, meal and exercise (outdoor when possible) schedule goes a long way toward re-establishing the “all-important” circadian rhythms.

Complete the clock in a similar manner as you see in the example to the right, then stick to it. Get into a routine! This includes both weekdays and weekends.

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