

# The Importance of Going to Bed Early, Getting Up Early, and Eating Breakfast!

I don't feel well no matter what I do.

The circadian rhythms of our bodies' internal clocks that tell us to "wake up in the morning and sleep at night" and to "get hungry in the morning, at midday, and in the evening" are encoded at the genetic level. Scientists call this the "Clock gene". When our circadian rhythms are disrupted, it harms our bodies in various ways.

I don't have energy in the morning.

## You need to eat breakfast to reset your internal clock.

The morning after a late night...

- Your internal clock has a cycle of about 25 hours, which is slightly longer than the Earth's rotation (24 hours).
- "Morning sunlight and breakfast" are absolutely essential in order to reset this one-hour difference!



If you don't reset your internal clock, you'll turn into a "night owl" with less strength and slower recovery from fatigue.

Try to eat breakfast within two hours of getting up! If this is too difficult for you, start by drinking something warm to train your stomach.

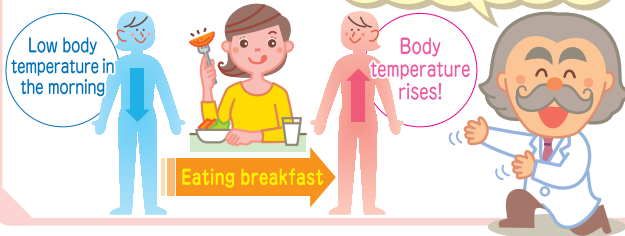


## You need to eat breakfast to activate your metabolism.

- When you eat breakfast, your body temperature goes up, activating your metabolism and improving your blood circulation. This prepares your body for physical activity.

In addition, eating breakfasts replenishes your "blood sugar," an essential nutrient for your brain, so you can start feeling energized and motivated from the morning.

Low body temperature in the morning



Body temperature rises!

## What kind of breakfast should I eat?



Eating not just carbohydrates but also a balanced menu of proteins such as meat and eggs, salad, etc. will allow you to reset your internal clock more effectively.

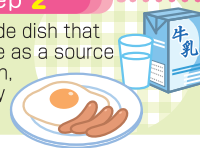
### Step 1

If you weren't in the habit of eating breakfast before, pick a staple food high in carbohydrates to fuel your brain!



### Step 2

Add a side dish that will serve as a source of protein, or a dairy food.



### Step 3

Add a vitamin-rich vegetable side dish or fruit!



Main Reference: Why Do I Get Fat Even Though I Don't Eat a Lot? by Yasuo Kagawa (Gentosha Shinsho 2015)

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage. <http://www.sonykenpo.or.jp/>

