

# Human Energy Cycles

## Study Guide

### How to Use This Study Guide

The Study Guide for this course is designed to help you take notes as you're taking the online course "Human Energy Cycles". It is organized in sections that mirror the elements of the course, with plenty of room to make notes and capture your learning.

The use of the Study Guide is optional. Research shows that different people learn differently, and for many, the act of writing something down as you are learning helps to solidify the information in your brain. If you find the Study Guide helpful, use it. If not, feel free to omit it from your learning process.

### Course Overview – Human Energy Cycles

Have you ever felt sleepy or sluggish after lunch? Do you feel most alert and productive at a certain time every day? Everyone has natural rhythms that impact how much energy they have throughout each 24-hour period. You may have heard of your circadian rhythm as it relates to sleep, but this rhythm is present throughout your entire day — even when you are awake! This course will help you understand what energy cycles are, how they can work for you, and how to schedule your time in ways that will work with your body's natural ebb and flow.

### Learning Objectives – Human Energy Cycles

By the end of this course, you will understand the following:

- Understand how the human body has built-in energetic highs and lows throughout the day
- Discover when you are likely to be at your most alert and focused (or distracted) based on your energy cycles
- Learn what tasks fit best with your peaks and how to plan your day to be more in line with natural changes in your energy
- Learn how to use 90-minute sprint periods to be more productive
- Learn how to harness sleep for long-term benefits to your circadian rhythm

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### Your Daily Rhythms

### EXERCISE: Find Your Daily Rhythm

Day	Wake Time	First Peak	First Slump	Second Peak	Second Slump	Sleep Time

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### Tips for Working with Your Energy Cycles

#	Tip	Notes
1		
2		
3		
4		
5		
6		

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## Journaling Activity - Tips for Working with Your Energy Cycles

## The 90 Minute Solution

## Video Notes

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### A Long-Term Look: Sleep Hygiene

#### Techniques to Optimize Your Energy

#	Technique	Notes
1		
2		
3		
4		
5		
6		

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## Journaling Activity - A Long-Term Look: Sleep Hygiene

### Discussion Questions

Discussion questions are used by workgroups who are taking courses concurrently and want to engage in a conversation about the course content. The use of discussion questions is optional.

1. What did you learn about your energy and productivity cycles? How much feel within your control vs. just a part of who you are?
2. What changes in the department would be more supportive of everyone's energy cycles?
3. Based on our specific goals and preferences as a team, what is best for your team to focus on in the morning? What about the afternoon?
4. What is one thing you are committed to doing to optimize your energy cycles?
5. What is one shift you're going to make to align your daily functions in harmony with your energy cycles?