

# Project Title: The Caffeine & Cortisol Reset

**Mission:** Transition from chemically-forced alertness to natural, circadian-aligned wakefulness.

**Definition of Done:** 1. **Elimination:** 100% adherence to a caffeine-free cutoff time (10 hours before sleep).

2. **Wake-up Accuracy:** Waking up naturally (within 15 minutes of goal time) for 3 consecutive mornings.

3. **Stability:** Zero "afternoon energy crashes" recorded in the post-lunch window.

---

## Phase 1: The Baseline Audit (Discovery)

*Before changing anything, you must measure your current chemical dependence. You cannot manage what you do not track.*

Task	Owner	Due Date	Status
<input type="checkbox"/> <b>Caffeine Log:</b> Record every milligram of caffeine consumed for 3 days.	User	Day 1-3	<input type="checkbox"/>
<input type="checkbox"/> <b>The "Crash" Audit:</b> Note the exact time you feel an energy dip in the afternoon.	User	Day 1-3	<input type="checkbox"/>
<input type="checkbox"/> <b>Sleep Latency Test:</b> Record time to fall asleep. (Long latency usually indicates caffeine half-life interference).	User	Day 1-3	<input type="checkbox"/>

---

## Phase 2: The Controlled Taper (Deconstruction)

*A cold-turkey approach causes cortisol spikes (stress). A systematic taper minimizes withdrawal.*

- **Task 1: Establish the "10-Hour Rule."** Set a strict caffeine cutoff time (e.g., if you sleep at 10 PM, no caffeine after 12 PM).
- **Task 2: Dose Reduction.** If you consume  $>400\text{mg}$  daily, reduce by 25% every 3 days.
- **Task 3: Half-Life Replacement.** Replace the afternoon cup with a non-caffeinated alternative (e.g., decaf tea, sparkling water, or sunlight).

## Phase 3: Sunlight Anchoring (QA)

*This phase replaces the "caffeine kick" with biological cortisol production.*

- **Objective:** Trigger a natural, healthy cortisol spike at wake-up.
- **Action:** \* [ ] **The "First 30" Rule:** Get outside within 30 minutes of waking.
  - [ ] **Duration:** 10–20 minutes of direct (not through a window) sky viewing.
  - [ ] **Feedback Loop:** If you feel "groggy" at 10 AM, you missed your sunlight anchor. Increase exposure time by 5 minutes.

## Phase 4: Optimization & Deployment (Launch)

*Testing the new biological system.*

Task	Action	Target
<b>Hydration:</b>	Consume $500\text{ml}$ of water immediately upon waking.	Prevents morning lethargy.
<b>The "Light-Dark" Gap:</b>	Stop all blue light/screens $60$ minutes before target sleep.	Allows melatonin to initiate.
<b>Cortisol Balancing:</b>	Move the "hardest" work tasks to the morning (peak cortisol).	Aligns mental load with biological capacity.

---

## Phase 5: Post-Mortem Analysis (The Feedback Loop)

Use this table on Day 14 to determine if the "system" is optimized or requires a firmware update.

<b>What Went Well? (Keep)</b>	<b>What Went Wrong? (Change)</b>	<b>Next Steps/Optimizations</b>
e.g., "Replacing the 2 PM coffee with a walk stopped the crash."	e.g., "The morning light anchor was impossible on cloudy days."	"I will buy a 10,000 LUX light therapy lamp for dark mornings."