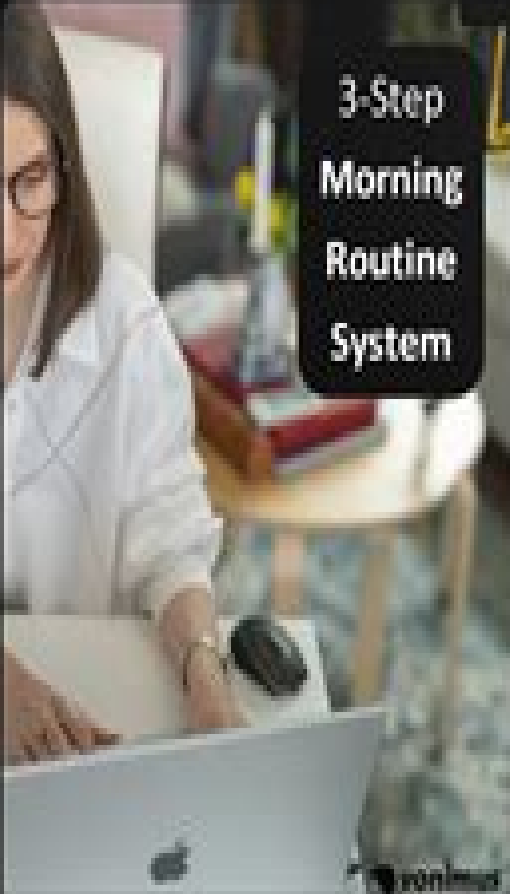




3-Step Morning Routine System

The 3 Step Morning Routine System

Andrew Huberman

Version 1.0 (2020)

Thank you for purchasing this guide.

It is my intention to create a morning routine that will help you wake up feeling energized and ready to tackle the day. This is not a one-size-fits-all solution. I am not a doctor, and I am not a coach. I am simply a scientist who has spent the last 10 years studying the science of sleep and circadian rhythms. I have found that the most effective way to improve your morning routine is to follow a 3-step system. This system is based on the science of sleep and circadian rhythms. It is a simple, effective, and easy-to-follow system that will help you wake up feeling energized and ready to tackle the day.

Here is how the system works:

1. If you already have a consistent sleep schedule, then you can skip this step. If you do not have a consistent sleep schedule, then you will need to follow the steps in this guide to improve your sleep. This is the most important step in the system. If you do not have a consistent sleep schedule, then you will not be able to follow the other steps in the system. I will provide you with the information you need to improve your sleep. This is a simple, effective, and easy-to-follow system that will help you wake up feeling energized and ready to tackle the day. (Read the full guide for more details.)
2. Read and listen to the audiobook version of this guide. This is the most important step in the system. It will help you understand the science of sleep and circadian rhythms. This is a simple, effective, and easy-to-follow system that will help you wake up feeling energized and ready to tackle the day. (Read the full guide for more details.)
3. Read and listen to the audiobook version of this guide. This is the most important step in the system. It will help you understand the science of sleep and circadian rhythms. This is a simple, effective, and easy-to-follow system that will help you wake up feeling energized and ready to tackle the day. (Read the full guide for more details.)

The last step in the system is to follow the steps in this guide. This is the most important step in the system. It will help you understand the science of sleep and circadian rhythms. This is a simple, effective, and easy-to-follow system that will help you wake up feeling energized and ready to tackle the day. (Read the full guide for more details.)

Thank you.

Andrew Huberman (Huberman Labs)

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Paul McFedries



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