

WTF Wake-Up Protocol

Scientific Guide to Waking the F*ck Up

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Phase 1: First 0–5 Minutes — Immediate Activation

- **Light Before Anything:** Get direct natural sunlight or use a 10,000 lux light box within 10 minutes of waking. This resets your circadian rhythm and suppresses melatonin. (*Ref: Huberman Lab, 2022*)
- **Hydrate Like a Warrior:** 500ml–1L of water with a pinch of sea salt and lemon juice. Supports blood volume, brain function, and energy metabolism.
- **Explosive Movement:** Do 30–60 seconds of intense motion (e.g., burpees, jumping jacks) to activate adrenaline and blood flow.

Phase 2: 5–30 Minutes — Neural Optimization

- **Cold Exposure (Optional but Powerful):** Take a cold shower (30–90 seconds). Increases dopamine by up to 250%. (*Ref: Patrick, 2020*)
- **Breath of Fire:** Use controlled breathing like Wim Hof or 4–4–4–4 box breathing to oxygenate the brain and balance the autonomic nervous system.
- **Protein + Smart Fuel:** Eat 20–30g of protein with slow carbs and healthy fat. Fuels neurotransmitter production and stabilizes blood sugar.
- **Delay Caffeine 60–90 Minutes:** Aligns with your natural cortisol rhythm. Combine caffeine with L-theanine (100–200mg) for focused stimulation.

Phase 3: 30+ Minutes — Cognitive Power-Up

- **Supplements (Optional):**

- L-Tyrosine — Dopamine support
 - Alpha-GPC — Choline and memory
 - Lion’s Mane — Neuroplasticity
 - Creatine — Brain + muscle performance
- **Mental Priming:** Visualize your day, say goals aloud, or write 3 priorities. Engages the prefrontal cortex and default mode network.
 - **Avoid Dopamine Sinkholes:** No social media, porn, or emails in the first hour. Preserve natural dopamine baseline and cognitive energy.

Daily Stack Summary

Tool	Function
Natural Light	Circadian reset
Cold Exposure	Dopamine boost, alertness
Hydration + Salt	Brain/body activation
Protein + Fats	Neurotransmitter fuel
Caffeine + L-Theanine	Controlled stimulant combo
Breathwork	CNS activation
Movement	Blood flow and energy spike
Nootropics (optional)	Focus and memory enhancement

References

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- PubMed: [Cold Exposure and Dopamine Effects](#).