Andrew Huberman’s Morning Routine

Good Morning!

Wake up at 6:00 a.m
Drink 2 Glasses of Water with Salt/Lime
Get Light Exposure for 15 Mins
Stretch for 30 Mins
Workout for 60 Mins
Breakfast + Caffeine (optional)
Get a Cold Shower or Dip
Take any necessary Supplements
Read 10 pages of any book you like
Journal your thoughts & intentions
Write down your goals for the day

Who is Andrew Huberman?

Andrew Huberman is a renowned neuroscientist celebrated for his groundbreaking contributions to our understanding of the human brain. Huberman is also a dedicated educator at Stanford University. He is also renowned for his efforts in science communication, making complex concepts accessible through social media.