

Using Science to Optimize Sleep, Learning & Metabolism

author:

2026-01

Synopsis

â€œOffice Hoursâ€• â€” In this episode, I answer your most commonly asked questions about science-supported tools for accessing more alertness, better learning, and quality sleep. I also cover when to exercise, time meals, and how to systematically vary your temperature to achieve specific effects on your nervous system. Read the full show notes for this episode at hubermanlab.com. Thank you to our sponsors AG1: <https://athleticgreens.com/huberman> LMNT: <https://drinklmnt.com/hubermanlab> Timestamps 00:00:00 Introduction 00:00:31 Sponsors: AG1 & LMNT 00:05:50 Moonlight & Fire 09:25:00 Red Light: Good & Bad 00:15:45 Why Blue-Blockers Are Unscientific 00:19:20 Eyeglasses, Contact Lenses & Windows 00:22:05 Adding Up Your Lights 00:24:30 â€œNetflix Inoculationâ€• With Light 00:25:25 How The Planet Controls Your Energy 00:27:00 A Season For Breeding (?) 00:31:15 Melatonin / Serotonin 00:33:50 Epinephrine vs Adrenaline: Same? Different? 00:35:00 Exercise & Your Sleep 00:40:30 Neuroplasticity & Food/Chemicals/NSDR 00:44:10 Using Sound & Smell To Learn Faster 00:46:45 Dream Meaning & Remembering 00:48:15 Waking Up Paralyzed 00:49:40 Nap/Focus Ratios For Accelerated Learning 00:52:45 Hypnotizing Yourself 00:54:05 Smart Drugs 01:01:10 Magnesium: Yay, Nay, or Meh? 01:02:10 How Apigenin Works 01:04:30 Serotonin: Slippery Slope 01:05:35 The Frog Experiment 01:08:35 Temperature 01:10:30 Morning Chills 01:28:00 Eating For Heating 01:30:30 Vagal Pathways For Gut-Brain Dialogue 01:31:50 Sex Differences 01:33:50 Self Experimentation Disclaimer & Disclosures Learn more about your ad choices. Visit megaphone.fm/adchoices

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