

Complete Darkness Sleep Sanctuary Protocol

A Science-Backed Audit to Optimize Nocturnal Glymphatic Brain Clearance

1. The Bedroom Photonic Audit (Target: < 0.1 Lux)

Source of Light	Typical Lux Level	Correction Action
Streetlights / Porch Lights	0.5 – 5.0 Lux	Install 100% total-blackout roller shades or double-curtain channels.
Digital Alarm Clock / Radios	1.0 – 8.0 Lux	Switch to red-spectrum dim display or turn face away completely.
Power Indicator LEDs (TV, AC)	0.2 – 1.5 Lux	Cover with light-blocking blackout stickers (stickers rated at 100% block).
Door Bottom Light Leaks	0.3 – 2.0 Lux	Install a draft stopper/sweep along hallway and bathroom doors.

2. The Glymphatic Slow-Wave Schedule

Time Window	Physiological State	Bedroom Optimization Action
2 Hours Before Bed	Melatonin onset begins in pineal gland	Lower all lighting below 50 lux; avoid overhead ceiling LEDs; switch to table lamps.
60 Mins Before Bed	SCN circadian clock locks night rhythm	Eliminate smartphone/tablet screens; lower thermostat to 65–68°F (18–20°C).
Hours 1 to 4 of Sleep	Deep Slow-Wave Sleep (NREM 3)	Glymphatic system expels beta-amyloid & tau via CSF. Zero photon disturbance.
Morning Awakening	Cortisol awakening response (CAR)	Open shades immediately to flood eyes with 1,000+ lux natural daylight.