

HUBERMAN LAB

OPTIMIZE YOUR WORKSPACE

FOR PRODUCTIVITY, FOCUS,
& CREATIVITY

sit, stand & MOVE

Stand at least half the workday

Standing improves the ability to embrace new tasks and cognitive performance.

Try treadmill & cycling workstations

Both equally improve attention and cognition but decrease verbal memory recall.

Avoid reclining

Putting your feet above the waist or tilting your head back makes you less alert, more calm and sleepy.



0 - 8 HRS AFTER WAKING

PHASE I: MAX STATE OF ALERTNESS

Best for analytical, precise, detailed & task-based work

Get some sun early

Exposure to sunlight within 30-60 minutes after waking promotes heightened levels of focus and leads to optimal work throughout the day.

Position desk by window

Double the positive effects of getting sunlight through a window by opening it.

Turn on bright lights

Use cool / blue overhead lighting, light pad or ring light.

9 - 16 HRS AFTER WAKING

PHASE II: MAX STATE OF CREATIVITY

Best for creative, abstract, expansive, brainstorming work

Start dimming lights

Reduce overhead lighting. Use light pad or ring light with warmer light. Dim computer or tablet screen.

17 - 24 HRS AFTER WAKING

PHASE III: REDUCED ALERTNESS

Limit the amount of light

Use only the amount of light that is necessary to do your work. Switch to warmest light.

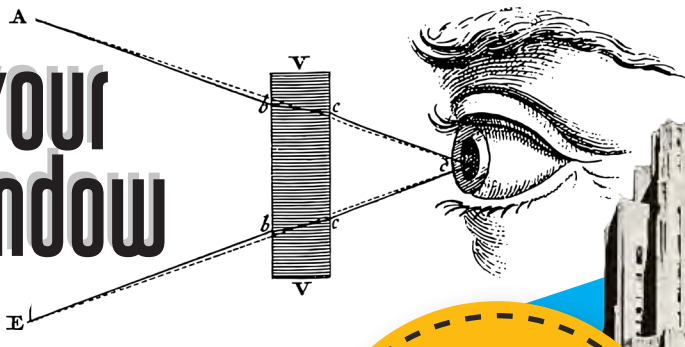
Tips for pulling all-nighters

If you need to stay awake during Phase III, turn on all the lights.

Drink 32oz of water and don't use the restroom for 90 minutes.

Warning: This is not recommended. The trade off is the risk of shifting your internal clock and throwing off your sleep and metabolism.

Restrict your visual window



Look up at work

Elevate screen / book to nose level or above to increase levels of alertness, focus & cognition.

Relax eyes

To avoid eye fatigue, headaches and neck pain; get outside and broaden your gaze for 5 minutes after every 45 minutes of focused work.

Keep the blinders on

Anything you are working on should be directly in front of you and not extend too far to the sides.



The cathedral effect

The height of your ceiling can promote different cognitive processes.

High ceiling or no ceiling
abstract reasoning & lofty, creative, expansive thinking

Low ceiling
detailed, analytical thinking

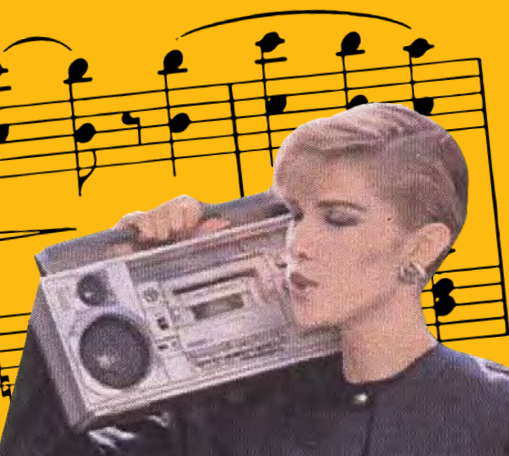
TIP

Restrict your visual window & lower perceived ceiling height with a brimmed hat or hoodie.

particular noise

Binaural beats are best

Binaural beats at 40 Hz (± 5) for 30 minutes during or prior to a work session can optimize cognition.



Limit white, brown, & pink noise

Restrict to less than an hour to increase alertness.

Background noise to avoid

HVAC noise can increase mental fatigue and decrease cognitive performance.

Background noise to embrace

It's normal for your ability to tolerate and desire for background noise and commotion to vary from day to day.



more tips

Take a moment to focus

Assume it may take up to 6 minutes to warm up and engage in a focused work session.

Limit distractions

Position your desk facing away from the door and don't orient your body toward visitors when they enter.

Try working in a tiny closet.

Untether from your phone by physically separating yourself or putting it on airplane mode.



Change locations

Move to a different room, cafe or library to sustain attention longer.

