Chinese Medicine
24-Hour Circadian Clock

Day
10 am
Spleen
Clear thinking
Spleen converts food to Qi

Heart
Blood Circulation
High energy
Lunchtime

11 am
Small Intestine
Sort & Absorb food
Low energy
Nap time

12 noon
Bladder
Energy restored.
Liquid waste released
Work & Study

2 pm
Kidney
Store Nutrients
Build bone marrow
Suppertime

3 pm
Earth
Fire
Water
Metal
Wood

4 pm
Lung
Deep sleep
Detox blood
Rest & recovery
Planning

5 am
Large Intestine
Deep sleep
Dreams & memory
Detox lungs

6 am
Stomach
Breakfast
Good concentration
Walk

7 am
Wake up
Release bowels
Meditate

8 am
Harmonizing Habits:
5-7 am – Wake up, Move bowels, Meditate
7-9 am – Sex, Breakfast, Walk, Digest
9-11 am – Work, Best concentration
11-1 pm – Eat main meal of day, Walk
1-3 pm – Absorb food, Short nap, Work
3 – 5 pm – Work or Study

9 pm
Pericardium
Protection
Endocrine & Metabolic
balancing
Getting sleepy

10 pm
Triple burner
Release bile
Cellular repair
Build blood cells

11 pm
Gall bladder
Sleep

12 midnight
Liver
1 am

Night