Mads's Daily Routine

A blend of proven esoteric and science-based protocols for enhancement in physical and mental health.



Mads's Daily Routine

Disclaimer: this is no medical advice. Drawing on years of research in biomechanics and longevity, Mads has opted to share his comprehensive routine freely with the public. Use it the way you wish to. Avoid becoming overwhelmed or obsessive about getting everything perfect. The most essential aspect is that you are happy in whatever you do.

If you're a parent, don't let it hinder you. Involve your children. Most of these health principles are applicable to all ages, not just adults.



5^{30} AM

Waking up: Elevate your alertness

• I always **wake up with light**. If the sun is up, I make sure that at least some light can access through the curtains. If not, I use a sunrise lamp to simulate a sunrise.

• Alternatively or additionally I get immediate **sunlight** in my eyes. If sun isn't up, I turn on indoor lights or use a 10,000 lux lamp.

• I immediately drink **400 ml clean water** with a slice of lemon made the night before to rehydrate my body. I add a pinch of Himalayan salt to boost my electrolyte balance and take my **NMN supplement** with the water.

• I usually spend the first 10 minutes upon waking **analyzing my dreams** to see if they can teach me something. I don't engage in the online world (email, Instagram, etc.) for at least an hour. Instead, I instantly begin working, since this is the time of the day where your productivity and mental focus is at its highest.

• Whenever possible, I watch the **sunrise**. I like to combine it with a morning walk, where I simultaneously can train my vision by perceiving far-distanced objects in the horizon.

ⓘ Getting light exposure, preferably natural light, as early as possible causes a beneficial peak in cortisol, which increases long-lasting alertness, focus, mood, and sleep the following night. Watching the sunrise is one of the most potent methods of improving your overall health.

7^{00} AM

• I **postpone my coffee** intake with 1-2 hours upon waking to avoid a mental afternoon crash. This is only if I'm unable to get immediate sunlight, cold exposure and/or early exercise.

8^{00} AM

• I try tro do my **cold exposure** before breakfast to shake my system and gift myself a dopamine/adrenaline rush that will enhance my focus and alertness for the rest of the day.

9^{00} AM

• I break my daily intermittent fast at 9, where I eat my **breakfast** and take most of my **supplements**. Intermittent fasting gives my digestive system a long daily break that optimizes my cell health and potentially keeps me alive for longer.

Breakfast content:

Day 1:

- 3 eggs
- A little aged cheese
- Homemade orange juice
- Homegrown blueberries
- Dates

Day 2:

- Greek yogurt
- Raw honey
- Walnuts
- Dates
- Homemade orange juice

(All organic/pasture-raised/grass fed)

Supplements:

- Beef Liver Capsules
- Testosterone Booster
- Cod Liver Oil
- Creatine
- Vitamin K2

9^{30} AM

• If my breakfast was high in sugar/acidic content, I wait for an hour to **brush my teeth**—otherwise I brush right after. Before I brush, I scrape my tongue to remove all the accumulated bacteria.

• I'm at my first **screen break** after a couple hours of work, so around breakfast I go outside to get some natural light (duration depends on weather[1]) and shift my vision from close-ranged to far-ranged to prevent the development of myopia.

[1]**Minimum duration of outdoor light exposure required to regulate circadian rhythms:**

- Sunny = 5-10 minutes
- Cloudy = 15 minutes
- Overcast = 30 minutes

10^{00} AM

• I **exercise** circa five times per week to keep it at a level that won't put me in a state of chronic stress and inflammation. The exercise session is initialized by a daily 20-minute session of infrared therapy to boost my mitochondrial health. My exercise is based on the principles of my 10-Week Course[2] with a blend of multidimensional resistance training, myofascial releases (MFR), breathwork, and cardiovascular training.



[2]The 10-Week Course was founded by Mads Tömörkènyi in 2020 to challenge the traditional approaches of treating the human body. The complex system that revolves around resetting the body to its innate unrestricted state involves topics such as MFR, breathing, posture, movement, and elasticity.

11^{00} AM

• After a couple of hours break I get back to **work**. My brain is now ready to put in more effort and focus after a period of cognitive recovery.

ⓘ Arrange activities that have the potential to "energize" you during the early hours of the day, or at least AM. These activities, ie. ice baths, (sun)light exposure, and exercise will trigger the release of hormones such as dopamine, adrenaline, and testosterone. Interestingly, the reason why you wake up in the morning is because your core body temperature increases. Therefore, engaging in activities that elevate core temperature, like exercise and ice baths, can amplify this awakening process.

12^{00} PM

Noon: Maintain productivity levels

• I have my **lunch** at noon. My meals vary from day to day, but I usually eat some kind of fish (sustainable and certified) with some vegetables or fruit, like avocados or carrots. It varies a lot, but I always follow this rule: keep it light, or at least low in complex carbohydrates. Complex carbs make you secrete serotonin, which leaves you satisfied and "lazy", known to counteract mental and physical productivity.

12^{30} PM

• As frequently as possible, I do a **post-lunch walk** to boost my metabolism before I get back to work.

• I include my **grounding** practices at this time of the day, either outside if the weather allows for it, or indoor on my grounding mat during the winter months.

• I only **hydrate** with (clean) water. I drink 200-400 ml at intervals throughout the day and a total of 2-3 liters daily unless excessively sweating through exercise, sauna, or similar.

• At least once every 90 minutes[3] I take a **mental break** to pause any cognitive stimuli. This is often combined with getting outdoor light and doing vision training by moving my vision from close-range to perceiving objects in the horizon.

[3]Research shows that ~90 minutes is the longest period we can expect to maintain intense focus and effort toward learning. After that, we need mental breaks.

3^{00} PM

• On weekdays, 3 to 7 are the sacred hours devoted to my family. Here, there is only one goal: absolute presence in whatever activities we do together.

5^{00} PM

• I end my 8-hour eating window at 5 to stay in a loop of intermittent fasting. As with lunch, my **dinner** meals vary largely from day to day. The fridge is packed with grass-fed cow from our local farm, so this is usually on the table with a variety of vegetables, potatoes, spices, and maybe some cheese, sourdough bread, or other side dishes. Around 80% of my carbs are consumed here. Because at this period it's OK for me to experience the serotonin-induced laziness that I have consciously avoided throughout the day.

• After my last meal, which is usually my dinner, I thoroughly **pick my teeth** to remove any food leftovers and bacteria, and massage my gums for improved blood flow.

6^{00} PM

Final hours: Slowing down

• If there's a clear sky I **see the sunset** (time of this event varies greatly throughout seasons). This is to expose my eyes to the long-wave red light that signals to my brain and body that it's soon time to go to sleep; a process supported by our melatonin production.

• At this time of the day—roughly three hours before bedtime—I drastically reduce my **hydration** to what amounts to around 0.5 liters (unless feeling dehydrated or thirsty, then I drink more!). The reason for mainly keeping my hydration to the daytime and limiting it at night is to avoid nighttime urination, which is a common sleep disrupter.

7^{00} PM

• Three times a week I go to the **sauna**; also combined with cold exposure for contrast therapy. I always do my saunas at night as they significantly lower our core body temperatures, leading to a profound sense of tiredness shortly thereafter and notably enhancing our sleep quality.

• 2 hours before sleep I **dim all indoor lights**, and use blue light blockers to shield out all the artificial blue light that disrupts my melatonin production and thereby my sleep.

8^{00} PM

• To diminish mental stress accumulation, I always go through my **daily task checklist** a few hours before I sleep. I remove those I have completed and postpone those I didn't make. I do this daily, because the art of writing is a way of removing thoughts from your head.

• At this point of time, I shut down all **online presence**, put my phone on airplane mode, etc. There are absolutely no advantages to having to contemplate societal expectations just before bedtime.

• I spend the last portion of my day engaging in **low-cognitive activities**, such as reading a fiction book or watching a movie in order to lower my brainwave state and support my sleep.

9^{00} PM

• Roughly 30 minutes before sleep I take my **magnesium** supplement because of its sleep enhancing properties.

9^{30} PM

• 9:30 is **bedtime**[4]. This routine involves turning off WiFi to avoid excessive EMF exposure, preparing my bedroom to be ventilated, cool, silent, and dark. I sleep with **nose strips** to support my nasal breathing overnight. **Mouth tape** would be the replacement for mouth breathers.

• Just before sleep I have my second and last toothbrushing session.

[4]Consistency in your sleep schedule is essential for optimal circadian rhythm function. This entails going to bed at the same time every day, with a margin of ~30 minutes. By doing so, you can consistently wake up at the same time without the need to repeatedly recalibrate your circadian rhythm.

How to Recover From a Poor Night's Sleep

There are specific actions we can take following a night of disrupted sleep that can actually alleviate some of its negative impacts. Interestingly, these practices should already be integrated into our daily routines, but they become even more important when sleep quality is compromised.

- ☑ Postpone caffeine consumption with at least 90 minutes upon waking.
- ☑ View bright light immediately, and preferably sunlight (and the sunrise). Continue getting as much natural light in your eyes as possible throughout the day.
- ☑ Jump in the ice bath or take a cold shower within the first few hours of waking up.
- ☑ Eat lightly, or at least low in complex carbs, at the first part of the day.
- ☑ Have a moderate-intensity exercise session early.
- ☑ Consider taking an afternoon nap of maximum 90 minutes.

Learn more about

MT Performance

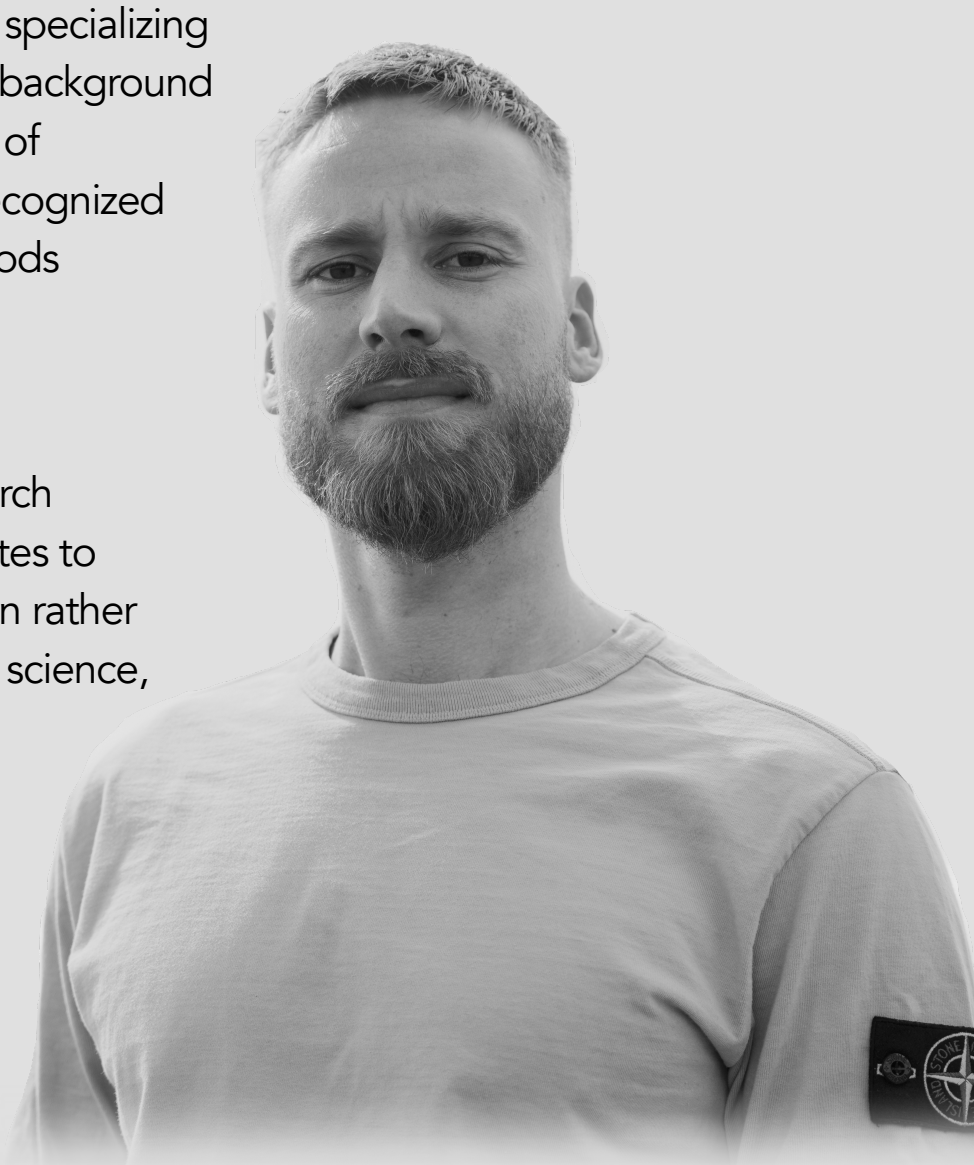
Thank you for your interest in MT Performance.
To learn more, visit each of Mads Tömörkènyi's various platforms and publications:

- The Longevity Protocol
- The 10-Week Online Course
- Human Mechanics, Book
- Product Catalog
- Holistic Disclosure, Podcast

To learn more about the work of Mads Tömörkènyi and how to optimize your health and biomechanics, please visit **mtperformance.co**.

About Mads Tömörkènyi

Mads Tömörkènyi is a Copenhagen-based researcher specializing in biomechanics, longevity, and anthropology. With a background in anatomy, physiology, and sports science, and years of experience coaching top athletes worldwide, Mads recognized the unsustainable and detrimental nature of the methods used to train elite athletes, which reflected broader issues in global health education.



Driven by frustration, Mads embarked on a new research journey, combining his practical experience with athletes to understand why health issues often stagnate or worsen rather than improve. He integrated neuroscience, nutritional science, ancient medicine, respiratory mechanics, and various therapies to develop functional and long-lasting solutions instead of temporary fixes.

His mission is to empower the next generation with effective information and practical tools to enhance all aspects of health, aiming to delay or prevent the need for pharmaceutical interventions.

As a passionate health educator, Mads engages in community and institutional programs to raise awareness about unhealthy lifestyles. He also serves as an international speaker and coach for prestigious sporting clubs and leagues, including the UFC, Premier League, Bundesliga, La Liga, and Mexican Liga MX. In 2020, he founded the online education platform Human Mechanics Online Course, attracting participants from over 140 countries worldwide.

Recognizing the complexity of the human body and the ongoing exploration of its potential, Mads remains dedicated to uncovering our mysteries and improving life on Earth.

All of this work is under the umbrella of MT Performance, with a global mission to enhance longevity, life quality, and human biomechanics.



Mads Tömörkènyi
Founder of MT Performance