



THE FOUNDING MANIFESTO of THE CIRCADIAN FOUNDATION

First Edition

Connecting science, communities and organisations around the biological foundations of human health.

Meet at first light.

Reset your rhythm.

Reclaim your health.

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www.thecircadianfoundation.org

A Letter from the Founder

"Every movement begins with a question.

Ours began with a sunrise."

There are moments in life that quietly change the way we see the world.

For me, one of those moments was not found in a laboratory, a hospital or a lecture hall.

It was found outside.

Standing in the first light of the day.

Over the years, I became increasingly fascinated by the growing body of scientific research demonstrating how profoundly our biology depends on the natural cycle of light and darkness.

Sleep.

Hormones.

Metabolism.

Mood.

Immune function.

Cognitive performance.

Almost every system of the human body follows a daily rhythm.

And yet, despite extraordinary advances in medicine and technology, this biological foundation often remains overlooked in everyday life.

We invest enormous effort in treating disease.

We continue to develop remarkable innovations.

We search for increasingly sophisticated solutions.

Yet every morning, one of the most fundamental signals for human health quietly rises above the horizon—available to everyone, free of charge.

Natural morning light.

This simple observation became the starting point for **The Circadian Foundation**.

Not because we believe morning light is the answer to every health challenge.

It is not.

Nor because we believe modern medicine or innovation are less important.

Quite the opposite.

We believe that the greatest advances in health are achieved when innovation is built upon strong biological foundations.

Our ambition is therefore not to replace existing health solutions.

Our ambition is to strengthen the foundation upon which they can all have their greatest impact.

This is why we speak of rhythm.

Because before nutrition can fully nourish...

Before exercise can fully strengthen...

Before medication can fully heal...

Before technology can fully support...

The body first needs rhythm.

And rhythm begins with light.

The Circadian Foundation was never intended to become another organisation working alongside countless others.

It was created to become a place where science, healthcare, education, governments, businesses and communities can find common ground around one shared biological truth.

Our first public initiative, **At First Light**, transforms this vision into something anyone can experience.

No membership.

No programme.

No cost.

Just people gathering at sunrise to reconnect with one of the oldest biological relationships humanity has ever known.

My hope is that this Manifesto does more than explain what The Circadian Foundation is.

I hope it invites you to imagine what it could become.

A movement.

A community.

An ecosystem.

A place where organisations do not compete around health, but collaborate around its foundations.

Because the future of health will not be built by one organisation alone.

It will be built by all of us.

Together.

One sunrise at a time.

Pieter-Jan Beckx

Founder & President

PART I

WHY

CHAPTER 1

Why We Exist

"The greatest advances in health often begin by rediscovering what has always been there."

Modern healthcare has transformed the lives of millions of people.

Scientific discovery, medical innovation and technological progress have changed what it means to live, recover and age.

We now understand diseases that were once a mystery.

We can treat conditions that were once untreatable.

And we continue to develop remarkable tools that improve both the quality and the length of human life.

This progress deserves recognition.

Yet alongside these achievements, another reality has emerged.

Across the world, chronic diseases continue to rise.

Sleep disorders have become increasingly common.

Obesity and type 2 diabetes affect hundreds of millions of people.

Mental health challenges place growing pressure on individuals, families and healthcare systems.

Despite extraordinary advances in treatment, many societies continue to struggle with maintaining health itself.

This raises an important question.

What if one of the greatest opportunities for improving human health does not lie in discovering something entirely new...

...but in restoring something fundamentally human?

For millions of years, life evolved under one constant rhythm.

The daily cycle of light and darkness.

Every sunrise signalled the beginning of a new biological day.

Every sunset prepared the body for rest, repair and recovery.

This rhythm shaped every living organism on Earth, including ourselves.

Today, our relationship with that rhythm has changed dramatically.

Artificial lighting extends our days.

Screens accompany us from morning until night.

Many people spend most of their waking hours indoors.

The environmental signals that once synchronised human biology have become weaker, more irregular and, for many, almost invisible.

At the same time, scientific research into circadian biology has expanded rapidly.

It has revealed that the natural cycle of light and darkness influences far more than sleep alone.

It helps coordinate metabolism, hormone production, immune function, cognitive performance, emotional wellbeing and countless other biological processes.

Health depends not only on **what** we do.

It also depends on **when** our biology does it.

This understanding lies at the heart of our work.

We believe that one of the greatest opportunities for improving public health is not to replace modern healthcare, but to strengthen the biological foundation upon which it is built.

Not by rejecting innovation.

But by reconnecting innovation with biology.

Not by competing with existing organisations.

But by bringing them together around a shared foundation.

Because before nutrition can fully nourish...

Before exercise can fully strengthen...

Before medicine can fully heal...

Before technology can fully support...

The body first needs rhythm.

And rhythm begins with light.

For every generation before us, the rising sun marked the beginning of the day.

Perhaps one of the greatest opportunities for our generation is not to invent a new foundation for health...

...but to rediscover the one that has always been there.

PART II

A FOUNDATION

CHAPTER 2

The Forgotten Foundation

"The strongest foundations are often the least visible."

When conversations about health take place, they usually begin with solutions.

Eat better.

Move more.

Sleep longer.

Reduce stress.

Take medication when necessary.

Use technology to better understand your body.

These recommendations are valuable.

Many are supported by decades of scientific research.

But they all assume something fundamental.

That the body is ready to receive them.

The human body is not simply a collection of organs working independently.

It is a living system organised in time.

Every organ.

Every cell.

Every hormone.

Every metabolic pathway.

Every immune response.

Each follows an internal rhythm that has been shaped by millions of years of evolution.

This remarkable system is known as the circadian system.

Rather than controlling one specific function, it coordinates nearly all of them.

It determines not only what happens within the body.

But also when it happens.

This timing influences virtually every aspect of human physiology.

Sleep and wakefulness.

Hormone production.

Body temperature.

Metabolism.

Digestion.

Cognitive performance.

Physical performance.

Immune activity.

Cellular repair.

These processes do not occur randomly.

They unfold according to an intricate biological rhythm that allows the body to anticipate the changing demands of day and night.

Every morning, natural light reaching the eyes provides one of the most powerful environmental signals for synchronising this system.

It tells the body's central clock:

“A new biological day has begun.”

From there, biological timing across the body is helped into alignment.

Alertness increases.

Hormones change.

Body temperature rises.

Metabolism prepares for food.

The brain prepares for learning.

The immune system adjusts its activity.

The body does not simply react to the day.

It prepares for it.

Without this daily synchronisation, biological timing gradually becomes less precise.

Not overnight.

But slowly.

Almost invisibly.

The result is not necessarily immediate illness.

Rather, it is the gradual loss of the rhythm upon which health depends.

This is why The Circadian Foundation believes that circadian health is not another pillar of health.

It is the foundation beneath them all.

Because nutrition works within biology.

Exercise works within biology.

Medicine works within biology.

Technology works within biology.

When biological rhythm is supported, these interventions can achieve their greatest potential.

When rhythm is persistently disrupted, even the best interventions are working against a less stable foundation.

This understanding changes how we think about prevention.

Perhaps improving health is not only about discovering better interventions.

Perhaps it is also about restoring the conditions that allow those interventions to succeed.

Health is rarely determined by one single choice.

It emerges from thousands of biological processes working together in time.

The body does not only need healthy choices.

It first needs rhythm.

CHAPTER 3

Nature's Oldest Health Signal

"Every morning, nature sends the same message. The question is whether we still receive it."

For almost every species on Earth, the rising sun marks the beginning of a new biological day.

Long before clocks existed...

Before electricity...

Before cities...

Before medicine...

There was light.

The daily transition from darkness to daylight became one of the most reliable environmental signals life has ever known.

Over millions of years, living organisms evolved to anticipate this rhythm.

Plants orient their leaves toward the morning sun.

Birds begin to sing before sunrise.

Countless animals initiate feeding, migration or reproduction according to the changing light.

Human beings are no exception.

Although modern life has transformed nearly every aspect of our environment, our biology still expects the same signal that guided our ancestors for thousands of generations.

The natural environmental signal that has synchronised living systems for millions of years.

Unlike artificial light, morning sunlight contains a unique combination of intensity, colour and gradual change.

It provides information rather than simply illumination.

It tells the brain:

"The night is over."

"Now is the time to be awake."

This signal resets the body's master clock and initiates a cascade of biological events that influences the timing of virtually every physiological system.

The importance of this process is increasingly recognised within the scientific community.

Yet outside science, it remains surprisingly unfamiliar.

Few people realise that one of the most important health behaviours of the day happens before breakfast.

Before exercise.

Before work.

Before checking a phone.

Simply stepping outside into the natural morning light.

Our ambition is to help make this knowledge visible again.

Not by asking people to master complex biology.

But by inviting them to experience it.

Because some truths are easier to understand when they are lived rather than explained.

Every sunrise offers that opportunity.

Every day.

For everyone.

The rising sun asks nothing from us.

It charges no fee.

It requires no membership.

It has always been there.

Perhaps the most fundamental health intervention has never been missing.

Only our attention has.

PART III

A MOVEMENT

CHAPTER 4

From Science to Society

"Knowledge changes minds. Experience changes lives."

Scientific discovery has transformed our understanding of human health.

Over the past decades, circadian biology has revealed that nearly every aspect of human physiology is influenced by the daily cycle of light and darkness.

Researchers continue to deepen our understanding of biological timing.

Healthcare professionals increasingly recognise the importance of circadian rhythms in prevention and clinical care.

Yet scientific knowledge alone rarely changes society.

Most people will never read a scientific paper.

Most will never attend a conference on circadian biology.

Most simply live their daily lives.

If scientific knowledge is to improve public health, it must become something people can experience.

Something simple.

Something practical.

Something that naturally fits into everyday life.

This belief became the starting point for **At First Light**.

Not as a campaign.

Not as a programme.

Not as another health intervention.

But as an invitation.

Every morning, nature already offers humanity the most reliable biological signal of the day.

We simply invite people to experience it together.

In doing so, science becomes more than information.

It becomes culture.

Knowledge becomes habit.

And habit becomes community.

But translating science into society is not only about providing answers.

It is also about encouraging better questions.

What does our biology need?

How does the environment around us influence it?

Which aspects of modern life support that biology — and which may unintentionally work against it?

Science evolves. Technology evolves. Society evolves.

Understanding health therefore requires more than following recommendations. It requires curiosity — a willingness to examine evidence, question assumptions and remain open to new understanding.

We do not want to tell people what to think.

We want to help people understand their biology well enough to ask better questions.

Perhaps the future of public health will not be shaped only by new discoveries.

Perhaps it will also be shaped by our ability to translate what we already know into everyday life.

That is the role of The Circadian Foundation.

To bridge the distance between science and society.

Science discovers.

Communities experience.

Movements transform.

CHAPTER 5

At First Light

"Some ideas are powerful because they are simple."

At First Light is the first public initiative of The Circadian Foundation.

Its purpose is remarkably simple.

People gather at sunrise.

Nothing more is required.

There is no membership.

No registration.

No entrance fee.

No performance.

No expectation.

Only the shared experience of welcoming a new day in natural morning light.

This simplicity is intentional.

The Circadian Foundation believes that the most fundamental foundations of health should never become exclusive.

They should remain available to everyone.

Regardless of age.

Background.

Income.

Culture.

Or physical condition.

At First Light is therefore designed to remove barriers rather than create them.

Participation begins with one simple decision.

To step outside.

Everything else is optional.

But that first step can open the door to something larger.

Experiencing natural morning light may begin with a simple question:

Why does this matter?

And that question may lead to others.

About sleep. Timing. Food. Movement. Technology. Our built environment. And the many ways in which modern life interacts with human biology.

At First Light does not exist to provide all the answers.

It creates a place from which people can begin asking the questions.

It is a first step towards greater awareness of our own biology — and of the choices we can make every day to support it.

Some locations may choose to include quiet reflection.

Others may offer breathing exercises, meditation or gentle movement.

These activities can enrich the experience.

But they never replace its purpose.

The sunrise remains the heart of every gathering.

This principle is essential.

Because At First Light is not built around an activity.

It is built around a biological event that humanity has shared since the beginning of time.

Every Official At First Light Location around the world follows the same philosophy.

Different landscapes.

Different cultures.

Different languages.

One shared sunrise.

One shared rhythm.

One shared invitation.

No performance.

No membership.

No cost.

Just people.

Just light.

Just the beginning of a new day.

CHAPTER 6

More Than Health

"When people gather at sunrise, something greater than health begins to emerge."

At First Light begins with biology.

But it does not end there.

When people meet at sunrise, something quietly changes.

Conversations begin before the distractions of the day.

Silence becomes comfortable.

Nature becomes familiar again.

Public spaces become places of belonging.

Strangers become neighbours.

Communities become stronger.

The sunrise has always been one of humanity's few truly universal experiences.

It belongs to no culture.

No religion.

No nation.

No generation.

Every person on Earth begins beneath the same rising sun.

Perhaps that is why sunrise has inspired human beings throughout history.

Not only as a symbol of hope.

But as a reminder that every day offers the possibility of beginning again.

We believe that public health is not only built through biology.

It is also strengthened through connection.

Connection with nature.

Connection with one another.

Connection with the rhythm that has shaped life for millions of years.

Community also creates something else: a place to learn.

People arrive with different experiences, questions and perspectives.

Conversations begin.

Ideas are exchanged.

Assumptions are challenged.

Curiosity grows.

At First Light is not a classroom, and no one comes to be told how to live.

But when people who share a desire to better understand their health meet one another, knowledge has a way of travelling.

We learn differently when we learn together.

This is why At First Light is more than a health initiative.

It is a community initiative.

A cultural initiative.

A reminder that health is not only something we improve individually.

It is also something we create together.

The sunrise belongs to everyone.

Perhaps that is why it has the power to bring everyone together.

CHAPTER 7

Health Is Built in Layers

"The strongest structures are built from the ground up."

For generations, healthcare has focused on helping people live longer and healthier lives.

This work has transformed humanity.

Vaccination.

Surgery.

Pharmaceutical innovation.

Medical imaging.

Public health.

Nutrition.

Exercise science.

Mental healthcare.

Digital technology.

Each has contributed profoundly to improving human wellbeing.

These achievements deserve recognition and celebration.

They represent some of humanity's greatest accomplishments.

Yet health is not created by one intervention alone.

It emerges through the interaction of many biological systems working together over time.

Perhaps the easiest way to understand this is to imagine health as a series of layers.

Medical care protects and restores health when illness occurs.

Healthy nutrition provides the body with the building blocks it needs.

Physical activity strengthens muscles, bones and the cardiovascular system.

Mental wellbeing influences resilience and quality of life.

Technology increasingly helps us understand and personalise our health.

Each layer matters.

Each strengthens the others.

Yet beneath them all lies something even more fundamental.

The body's ability to organise itself in time.

Without biological timing, even the best interventions operate on a less stable foundation.

The Circadian Foundation therefore does not see circadian health as another pillar competing for attention.

We see it as the biological foundation upon which every other pillar can stand more securely.

This perspective changes the conversation.

It shifts the focus from choosing between health interventions...

...to understanding how they can work together.

Health is not built by replacing one solution with another.

It is built by strengthening the foundation that allows many solutions to succeed.

This is why we believe the future of healthcare is not fragmentation.

It is integration. - Not competition. - But collaboration. - Not isolated interventions.

But a shared understanding of the biology that connects them.

Every innovation has its place.

Every discipline has its value.

The Circadian Foundation simply asks one additional question.

What foundation allows them all to perform at their best?

CHAPTER 8

An Ecosystem Rather Than an Organisation

"The future of health will not be built by one organisation. It will be built by many, working from the same foundation."

The Circadian Foundation was never created to become another organisation competing for attention.

Nor was it created to develop products, replace healthcare professionals or duplicate the work already being done by others.

The world does not need another organisation working in isolation.

It needs stronger connections between those already creating meaningful change.

Across the world, scientists continue to deepen our understanding of circadian biology.

Healthcare professionals translate this knowledge into patient care.

Companies develop technologies that improve sleep, light exposure, diagnostics and prevention.

Schools educate future generations.

Cities design healthier public spaces.

Community organisations create opportunities for people to reconnect.

Each contributes something valuable.

Yet these contributions often exist within separate disciplines.

Our role is to help connect them.

Not because they lack expertise.

But because they already share something fundamental.

A belief that human health begins with biology.

Our role is therefore different.

We are not a commercial organisation.

We do not promote one product over another.

We do not endorse one method while rejecting others.

Instead, we seek to create an independent ecosystem where organisations, institutions and communities can collaborate around a shared biological foundation.

Within this ecosystem, every partner retains its own identity.

A university continues to conduct research.

A hospital continues to provide care.

A technology company continues to innovate.

A municipality continues to serve its citizens.

The Circadian Foundation does not replace these roles.

It helps connect them.

Because the greatest public health challenges of our time cannot be solved by one discipline alone.

They require shared purpose.

Shared language.

And shared foundations.

At First Light is the first visible expression of this philosophy.

It transforms scientific understanding into a public experience that anyone can join.

From there, new collaborations become possible.

Not because organisations become the same.

But because they begin from the same place.

The biological foundations of human health.

Different expertise.

Different perspectives.

Different organisations.

One shared foundation.

CHAPTER 9

A Sunrise Shared

"Some experiences are so universal that they need no translation."

Every morning, the sun rises.

It rises over cities and villages.

Over mountains, forests and oceans.

Over hospitals and schools.

Over homes, workplaces and parks.

It rises regardless of nationality, language, religion or political belief.

Few experiences unite humanity as quietly and consistently as the beginning of a new day.

For thousands of generations, people welcomed the sunrise as a natural part of life.

It marked the beginning of work.

The gathering of families.

The rhythm of communities.

It provided direction without instruction.

Routine without obligation.

Today, despite living more connected than ever through technology, many people experience the beginning of the day alone.

The first moments of the morning are increasingly spent indoors, looking at a screen rather than towards the horizon.

In reconnecting with the sunrise, something remarkable happens.

People naturally reconnect with one another.

Not because they are asked to.

But because shared experiences have always been one of the strongest foundations of community.

The Circadian Foundation believes that public health is strengthened not only by healthier individuals, but also by healthier communities.

Communities grow stronger when people share meaningful experiences.

When neighbours recognise one another.

When generations spend time together.

When public spaces become places of belonging.

A sunrise cannot solve every challenge society faces.

But it can create something increasingly rare.

A moment where nothing needs to be bought.

Nothing needs to be achieved.

Nothing needs to be performed.

Only experienced.

Together.

Perhaps community does not begin with conversation.

Perhaps it begins by quietly witnessing the same sunrise.

CHAPTER 10

Official At First Light Locations

"Every movement needs places where its values become visible."

Ideas inspire.

Communities sustain them.

Places make them real.

This is why The Circadian Foundation created the concept of the **Official At First Light Location**.

These locations are much more than meeting points.

They are living expressions of a shared philosophy.

A place becomes an Official At First Light Location not because of its size or prestige.

But because it embraces a common set of values.

Accessibility.

Respect.

Simplicity.

Community.

Science.

Connection with nature.

Every Official Location remains free and open to everyone.

There are no tickets.

No membership requirements.

No exclusive access.

Each location follows the **At First Light Charter**, ensuring that the experience remains consistent while allowing every community to express its own local identity.

A gathering beside the North Sea will look different from one in the mountains.

A sunrise in Belgium will feel different from one in Australia.

Different landscapes.

Different cultures.

The same philosophy.

This balance between shared values and local identity is what allows At First Light to grow without losing its essence.

Every Official Location becomes part of a growing international network.

A network connected not by buildings or ownership, but by a shared commitment to restoring the biological foundations of human health.

The movement is global.

Every sunrise is local.

CHAPTER 11

The Charter

"Shared values create trust."

Movements grow through people.

They endure through principles.

The At First Light Charter exists to protect the integrity of every Official Location while preserving the openness that defines the movement.

The Charter is intentionally simple.

It asks every location to honour a small number of enduring principles.

The sunrise remains central.

Participation remains free.

Everyone is welcome.

Nature is respected.

Communities come before commerce.

These principles do not limit creativity.

They protect the experience that people have come to expect when joining an At First Light gathering anywhere in the world.

The Charter also reflects something deeper.

It reminds us that trust is built through consistency.

When people arrive at an Official At First Light Location, they know what they will find.

Not a performance.

Not a product.

Not an event designed to impress.

But a shared moment grounded in science, simplicity and respect.

This consistency allows the movement to grow without losing its identity.

Because values—not scale—are what sustain lasting movements.

Movements grow through inspiration.

They endure through integrity.

PART IV

THE FUTURE

CHAPTER 12

Why This Matters Now

"Every generation faces its own health challenges. Ours may be one of rhythm."

Never before have we known so much about human health.

Scientific discovery has transformed medicine.

Technology allows us to monitor our sleep, our heart rate and even our metabolism in real time.

Nutrition has become increasingly sophisticated.

Healthcare continues to innovate at an extraordinary pace.

Yet, despite these remarkable advances, chronic diseases continue to rise.

Sleep disorders have become increasingly common.

Mental health challenges affect millions of people.

Obesity and metabolic disease place growing pressure on healthcare systems around the world.

At the same time, our daily environment has changed more rapidly than at any other point in human history.

Artificial light has extended our days far beyond sunset.

Screens accompany us from the moment we wake until the moment we fall asleep.

Many people spend most of their lives indoors.

Cities have transformed the way we live.

Technology has transformed the way we work.

Modern life has transformed the way we experience time itself.

None of these changes are inherently negative.

Many have improved our quality of life in remarkable ways.

But together they have created an environment that differs profoundly from the one in which human biology evolved.

Our bodies continue to expect reliable circadian signals from the environment.

Yet for many people, that rhythm has become increasingly difficult to experience.

This is not a call to reject modern life.

Nor is it an invitation to return to the past.

The Circadian Foundation believes the future lies elsewhere.

Not in choosing between innovation and nature.

But in allowing them to work together.

That requires more than innovation.

It requires curiosity.

Progress should not only ask what is possible, efficient or convenient.

It should also ask how those choices interact with human biology.

This is not an argument against technology.

It is an argument for technology informed by biology.

Nor is it an invitation to distrust science.

It is an invitation to engage with science as science itself progresses — with curiosity, evidence, openness and a willingness to reconsider assumptions.

Better understanding allows us to make better-informed choices about the environments we create, the technologies we use and the way we live.

Better questions are part of better health.

Technology can help us understand biology.

Medicine can help us restore health.

Research can continue to deepen our knowledge.

Communities can help translate that knowledge into everyday life.

At First Light is one expression of that philosophy.

It does not ask people to abandon modern life.

It simply invites them to begin each day by reconnecting with one of the oldest biological signals humanity has ever known.

Perhaps the challenge of our generation is no longer simply to invent better health solutions.

Perhaps it is to ensure that our remarkable innovations remain grounded in the biology they were created to serve.

Because the future of health will not be shaped by technology alone.

Nor by medicine alone.

Nor by individual choices alone.

It will be shaped by our ability to reconnect scientific progress with the biological foundations that have always sustained human life.

The question is no longer whether science can transform human health.

The question is whether we can transform the way we live in light of what science has already taught us.

CHAPTER 13

A World Back in Rhythm

"Every generation has the opportunity to restore something essential."

Imagine a world where the biological foundations of health are once again part of everyday life.

Where children begin their school day with an understanding of why natural morning light matters.

Where cities recognise sunrise as more than a beautiful moment, but as an opportunity to strengthen public health.

Where hospitals design healing environments that respect the body's biological rhythms.

Where workplaces understand that productivity and wellbeing are not opposing goals, but natural partners.

Where technology is designed to work with human biology rather than against it.

Where public spaces invite people to reconnect—with nature, with one another and with themselves.

This is not a vision of returning to the past.

It is a vision of moving forward with greater wisdom.

Scientific discovery has given us an extraordinary understanding of the human body.

The challenge of our generation is no longer simply to discover more.

It is to live more consistently with what we already know.

The Circadian Foundation believes that some of the greatest improvements in public health may come not from increasingly complex interventions, but from making fundamental biological principles visible again.

Not only in clinics.

But in schools.

Neighbourhoods.

Workplaces.

Cities.

And everyday life.

This future cannot be created by one organisation.

Nor by one discipline.

It will emerge through collaboration.

Between science and society.

Between innovation and nature.

Between individual responsibility and collective action.

Because health is not created in hospitals alone.

It is created every day, in the environments where people live.

The future of health will not only be measured by how well we treat disease.

It will also be measured by how well we create the conditions for health to flourish.

CHAPTER 14

An Invitation

"Every movement begins with a single step."

The Circadian Foundation does not ask people to change everything.

It asks them to begin with one simple action.

Step outside.

Experience the first light of the day.

Everything else begins there.

The Foundation welcomes researchers who seek deeper understanding.

Healthcare professionals who wish to strengthen prevention.

Teachers who inspire future generations.

Cities that want healthier communities.

Businesses that share a commitment to long-term wellbeing.

Families looking for meaningful daily rituals.

And individuals who simply wish to begin each day differently.

Everyone has something to contribute.

Some contribute knowledge.

Some contribute places.

Some contribute ideas.

Some contribute resources.

Many simply contribute their presence.

Together, these individual contributions become something larger than any one organisation could create alone.

A movement.

Not owned by anyone.

Shared by everyone.

The sunrise asks only one thing of us.

To be present.

CHAPTER 15

Join the Movement

The Circadian Foundation belongs to everyone who believes that restoring health begins with restoring its biological foundations.

Whether you are a scientist, healthcare professional, educator, policymaker, entrepreneur or community member, your expertise has a place within this movement.

Together we can:

Create Official At First Light Locations.

Translate science into everyday life.

Strengthen communities.

Support research.

Inspire future generations.

Restore the relationship between humanity and the natural rhythm that shaped it.

One sunrise. - One community. - One generation at a time.

Closing

Every morning, the world begins again.

For millions of years, the rising sun has marked the beginning of a new biological day.

It asks for nothing.

It belongs to everyone.

It quietly reminds us that some of the most important foundations of health have always been freely available.

Perhaps the greatest opportunity before us is not to create something entirely new.

But to rediscover what has always been there.

The Circadian Foundation exists to help make that foundation visible again.

Not for one community.

Not for one country.

But for everyone.

Because health begins with rhythm.

And rhythm begins with light.

THE END

The Circadian Foundation

Restoring the biological foundation of human health.

Founding Principles

We believe

- Health begins with rhythm.
 - Rhythm begins with light.
- Prevention begins before disease.
- Science belongs in everyday life.
- Better health begins with better questions.
- Nature remains one of humanity's greatest teachers.
 - Health is strengthened together.
- Collaboration creates greater impact than competition.

**Every morning, the world begins again.
So can we.**

Meet at first light.

Reset your rhythm.

Reclaim your health.

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[**www.thecircadianfoundation.org**](http://www.thecircadianfoundation.org)