



1. Prioritize Sleep Quality and Duration (7–9 Hours/Night)

Why It Matters:

Testosterone is primarily produced during deep sleep—especially during REM cycles. Chronic sleep restriction significantly lowers testosterone levels. Just one week of 5 hours per night can reduce testosterone by **10–15%**.

Key Practices:

- Sleep in a dark, cool room (**65–68°F**).
- Maintain a consistent sleep schedule (wake and sleep at the same time daily).
- Avoid screens and bright lights **1–2 hours before bed** to support melatonin and LH secretion.

Research:

Leproult, R., & Van Cauter, E. (2011). *Effect of 1 week of sleep restriction on testosterone levels in young healthy men.* **JAMA**.

2. Get Morning Sunlight Within 30–60 Minutes of Waking

Why It Matters:

Morning sunlight helps align your **circadian rhythm**, which regulates cortisol and luteinizing hormone (LH)—a key trigger for testosterone production.

Key Practices:

- Get **10–15 minutes** of direct sunlight (no sunglasses) on your face and eyes.
- Combine sunlight exposure with light movement like walking for extra benefits.

The 5 Natural Ways to Boost T



Joe Miller
Founder of
1st Optimal

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Research:

Czeisler, C. A. et al. (1990). *Bright light exposure regulates human hormones through circadian entrainment*. **New England Journal of Medicine**.

Huberman, A. (2021). *Using Light to Optimize Health*. **Huberman Lab Podcast**.

3. Lift Heavy Weights & Train with Compound Movements (3-4x/Week)

Why It Matters:

Resistance training, particularly with large muscle groups, triggers acute testosterone and growth hormone surges, enhancing hormonal and metabolic resilience.

Key Practices:

- Perform **3-5 sets of 6-10 reps** with progressive overload.
- Prioritize compound lifts: squats, deadlifts, bench press, pull-ups.
- Ensure adequate rest and recovery between sessions.

Research:

Kraemer, W. J. et al. (1990). *Hormonal responses to heavy resistance exercise protocols*. **Journal of Applied Physiology**.

4. Reduce Visceral Fat with Protein-Dense, Whole Food Nutrition

Why It Matters:

Excess visceral fat increases aromatase activity, converting testosterone into estrogen. Lowering body fat improves testosterone production.

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Key Practices:

- Consume **1g of protein per lb of lean body mass** (e.g., eggs, fish, lean meats).
- Eliminate processed sugars and seed oils.
- Eat cruciferous vegetables (e.g., broccoli, cauliflower, arugula) to aid estrogen detoxification.

Research:

Vermeulen, A. et al. (1996). *Testosterone secretion and obesity: A negative feedback loop.* **Journal of Clinical Endocrinology & Metabolism.**

5. Manage Stress and Cortisol with Cold Exposure & Breathwork

Why It Matters:

Chronic stress and elevated cortisol suppress testosterone. Cold exposure, breathwork, and mindfulness can reduce sympathetic nervous system overactivation and support hormonal balance.

Key Practices:

- **Cold exposure:** 1–3 minutes daily (cold showers or cold plunges).
- **Cyclic sigh breathing:** Inhale deeply, take a second short inhale, then long exhale—repeat for 5–10 minutes.
- Practice mindfulness or journaling in the evening or after workouts.

Research:

Sapolsky, R. M. (2000). *Stress and the suppression of testosterone.* **Biological Psychiatry.**

Huberman, A. (2022). *Science of Deliberate Cold Exposure.* **Huberman Lab Podcast.**