A circular Morse function on the the knot complement $E(K) = S^3 \setminus K$ is a function $f : E(K) \to S^1$ which is Morse. Such a function induces a handle decomposition on $E(K)$ with the property that every regular level surface contains a Seifert surface for the knot. In this work we will show that it is possible to rearrange the handles in such a way that the regular surfaces are as simplest as possible. To prove this we introduce a complexity for the regular level surfaces and the circular width for $E(K)$. We also analyze the behavior of the circular width under some knot operations.