Sleep Optimization
How to Sleep Better

Sleep in a comfortable bed with non-toxic, pleasing bedclothes

Expose yourself to natural stimuli
(e.g. sunlight, the surface of the Earth)

Stress down in the hours before bed
(e.g. minimize cell phone usage and stressful work activities)

Minimize your exposure to artifical light at night
(e.g. use candles, install light-adjustment software on your PC)

Work on improving your general health
(e.g. by addressing your microbiota and immune status)

Exercise, but not directly before you hit the sack

Consider taking a cold shower or bath prior to sleeping

Stick to a routine
(e.g. go to bed at roughly the same time most days)

Avoid brain stimulants
(e.g. sugary foods, casein-rich dairy products, coffee)

Sleep in a cool, ventilated, dark room

Sweet Dreams

[Tips Sleep Optimization](#)

CL Gary

Tips Sleep Optimization:

The Enigmatic Realm of **Tips Sleep Optimization**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Tips Sleep Optimization** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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