

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 artificial 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 microbiome 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, carbs-rich dairy products, coffee)



Sleep in a cool, ventilated, dark room

Tips Sleep Optimization

Kris Jamsa, Lars Klander



Tips Sleep Optimization:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Tips Sleep Optimization**

In a world inundated with monitors and the cacophony of immediate interaction, the profound energy and mental resonance of verbal art usually diminish in to obscurity, eclipsed by the regular barrage of sound and distractions. Yet, situated within the lyrical pages of **Tips Sleep Optimization**, a charming work of literary beauty that impulses with fresh feelings, lies an remarkable journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this exciting opus courses readers on an emotional odyssey, gently revealing the latent possible and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is central themes, dissect its interesting publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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