

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

Sleep Optimization Best

Guo Fu Li, Valery Ya. Shchukin



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web jun 28 2017 honeywell will supply its 131 9a apus to 74 asiana airlines aircraft of which 49 will be retrofitted on the airline s existing airbus a320ceo current engine option and a321ceo fleet and the remaining 25 on its new airbus a321neo fleet

131 9a 9b auxiliary power unit high efficiency mode - Jun 13 2023

web airbus and boeing narrowbody operators flying with honeywell s 131 9a and 131 9b apus can save up to 9 000 in annual fuel costs reduce co2 emissions and improve on wing time by as much as 25 with the new high efficiency mode hem upgrade many airlines have a corporate esg plan including goals for co2 emissions reduction