

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

L Cohen



Tips Sleep Optimization:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Tips Sleep Optimization**

In a world inundated with monitors and the cacophony of instantaneous conversation, the profound energy and emotional resonance of verbal art usually fade into obscurity, eclipsed by the continuous assault of sound and distractions. However, set within the musical pages of **Tips Sleep Optimization**, a captivating function of literary elegance that impulses with natural thoughts, lies an unforgettable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this enchanting opus instructions visitors on an emotional odyssey, delicately revealing the latent possible and profound impact stuck within the delicate internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect their fascinating writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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