

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

For Beginners Sleep Optimization

RJ Shavelson



For Beginners Sleep Optimization:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **For Beginners Sleep Optimization**

In a world inundated with screens and the cacophony of immediate conversation, the profound energy and mental resonance of verbal art usually disappear in to obscurity, eclipsed by the constant barrage of noise and distractions. Yet, situated within the lyrical pages of **For Beginners Sleep Optimization**, a interesting work of literary beauty that impulses with fresh thoughts, lies an unforgettable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, that enchanting opus manuals visitors on a psychological odyssey, softly exposing the latent possible and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central subjects, dissect its interesting writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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