

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 Pro

Ian Pickup



Sleep Optimization Pro:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Sleep Optimization Pro**

In a world inundated with monitors and the cacophony of quick connection, the profound power and psychological resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the continuous onslaught of sound and distractions. However, set within the musical pages of **Sleep Optimization Pro**, a charming work of fictional splendor that pulses with organic thoughts, lies an unique trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that interesting opus manuals viewers on a psychological odyssey, lightly exposing the latent potential and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is key subjects, dissect its interesting publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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