

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

JG Myers



Tips Sleep Optimization:

Whispering the Secrets of Language: An Psychological Quest through **Tips Sleep Optimization**

In a digitally-driven earth wherever monitors reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within words often get unheard. However, located within the pages of **Tips Sleep Optimization** a captivating literary prize sporting with fresh feelings, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, this wonderful opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles material of each and every word. Within the psychological depths with this poignant evaluation, we can embark upon a genuine exploration of the book is core themes, dissect their fascinating publishing fashion, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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