

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 Top

Scott Kelby



Sleep Optimization Top:

Whispering the Strategies of Language: An Mental Quest through **Sleep Optimization Top**

In a digitally-driven world where monitors reign supreme and quick conversation drowns out the subtleties of language, the profound strategies and mental subtleties hidden within phrases often move unheard. However, nestled within the pages of **Sleep Optimization Top** a captivating fictional value pulsing with raw emotions, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, that charming opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the mental depths with this moving evaluation, we will embark upon a heartfelt exploration of the book is core styles, dissect its fascinating writing type, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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