

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 Best

Sunny Joyfield



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mahabharata in the epic he is the third of five pandava brothers from the lineage of the kuru in the mahabharata war arjuna was a key warrior from the pandava side and killed many warriors

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he also requested arjuna and krishna to take benedictions as he was very much pleased by their valour arjuna asked indra for many divine weapons and mantras to control them indra granted them all he asked krishna to take some benediction krishna asked the following beautiful benediction and it is worth meditating for all aspiring devotees