

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

Arturo Cuomo



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web sep 26 2023 method make the egg mixture in a medium bowl whisk together the eggs milk and cinnamon stir in the orange zest and or soak the bread slices in egg mixture place each slice of bread into the milk egg mixture allowing the bread to soak in fry the french toast melt some butter in a large

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web aug 21 2023 ingredients $\frac{2}{3}$ cup milk 2 large eggs 1 teaspoon vanilla extract optional $\frac{1}{4}$ teaspoon ground cinnamon optional salt to taste 6 thick slices bread 1 tablespoon unsalted butter or more as needed

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web ingredients yield 4 servings 2 whole eggs 2 egg yolks 2 cups whole milk or $1\frac{3}{4}$ cups milk plus 2 to 4 tablespoons cream 1 teaspoon vanilla extract optional pinch of salt unsalted butter for

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web feb 23 2019 instructions whisk together egg mixture in a bowl vigorous whisk avoid cinnamon floating on top melt 15g 1 tbsp butter in a non stick skillet over medium heat dunk a piece of bread quickly into the egg mixture coating both sides place in pan repeat with more slices to fill cook for $2\frac{1}{2}$

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