

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 For Beginners

Elizabeth Dean, Donna L. Frownfelter



Sleep Optimization For Beginners:

Embracing the Track of Term: An Psychological Symphony within **Sleep Optimization For Beginners**

In a global eaten by monitors and the ceaseless chatter of instant transmission, the melodic elegance and mental symphony produced by the prepared term frequently disappear in to the backdrop, eclipsed by the persistent sound and interruptions that permeate our lives. However, set within the pages of **Sleep Optimization For Beginners** a wonderful literary treasure filled with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that interesting masterpiece conducts readers on an emotional journey, well unraveling the concealed melodies and profound affect resonating within each carefully crafted phrase. Within the depths of the moving review, we will explore the book is key harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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