

Sleep Optimization & Circadian Rhythm

Beyond Melatonin

The Biohacker's Guide to Restorative Sleep



Manual Sleep Optimization

**Ichiro Ide, Ioannis
Kompatsiaris, Changsheng Xu, Keiji
Yanai, Wei-Ta Chu, Naoko Nitta, Michael
Riegler, Toshihiko Yamasaki**

Manual Sleep Optimization:

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