

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

Tips Sleep Optimization

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Tips Sleep Optimization:

Whispering the Techniques of Language: An Emotional Journey through **Tips Sleep Optimization**

In a digitally-driven earth where screens reign great and immediate transmission drowns out the subtleties of language, the profound strategies and emotional nuances concealed within phrases frequently go unheard. Yet, situated within the pages of **Tips Sleep Optimization** a captivating fictional value pulsating with fresh thoughts, lies a fantastic quest waiting to be undertaken. Composed by an experienced wordsmith, this charming opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very material of every word. Within the psychological depths with this poignant review, we shall embark upon a sincere exploration of the book's core styles, dissect their fascinating publishing fashion, and succumb to the strong resonance it evokes strong within the recesses of readers' hearts.

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