

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

For Beginners Sleep Optimization

CH Cherryholmes



For Beginners Sleep Optimization:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **For Beginners Sleep Optimization**

In a global inundated with screens and the cacophony of quick conversation, the profound energy and mental resonance of verbal art usually disappear into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, located within the lyrical pages of **For Beginners Sleep Optimization**, a captivating function of fictional beauty that pulses with organic feelings, lies an memorable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus books readers on a mental odyssey, lightly exposing the latent potential and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect its captivating writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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