

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 Top

Xiang Xie



Sleep Optimization Top:

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felix mendelssohn robert schumann franz liszt johannes brahms and other 19th century composers discovered and championed his works today schubert is ranked among the greatest composers in the history of western classical music and

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dedicado a su música en ese momento el joven comenzó a componer y sus primeras obras fueron interpretadas por una orquesta de alumnos de a s internado de la ciudad donde fue violinista en 1813 se jubila para empezar a trabajar como

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