

# 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**

# Framework Sleep Optimization

**R Barnett**



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web the whale shark is the largest fish in the world and the largest fish known to have lived on this planet because of its size and cartilaginous skeleton it does not fossilize well and in life it is very difficult to weigh accurately the largest accurately measured whale shark was 61 7 feet 18 8 m

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web whale sharks are highly migratory and it is thought that their movement is associated both with abundance of food in the area as well as breeding behaviors scientists are still researching the life cycle of whale sharks but it is believed that male whale sharks begin maturing around 17 years old and females around 19 22 years old

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web the whale shark rhincodon typus is a slow moving filter feeding carpet shark and the largest known extant fish species the largest confirmed individual had a length of 18 8 m 61 7 ft the whale shark holds many records for size in the animal kingdom most notably being by far the largest living nonmammalian vertebrate

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web the whale shark is oviparous meaning the female sharks produce eggs that are hatched inside of her these eggs are not all born at once but are born in a steady stream over a certain period able to birth around 300 young whale sharks reach sexual maturity at 30 years and live to a total of around 70 to 100 years

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