

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:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Tips Sleep Optimization**

In a global inundated with screens and the cacophony of instant interaction, the profound power and emotional resonance of verbal beauty often disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. However, nestled within the musical pages of **Tips Sleep Optimization**, a charming work of fictional beauty that impulses with raw thoughts, lies an unique trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that interesting opus guides readers on a psychological odyssey, delicately revealing the latent potential and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is key themes, dissect their captivating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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