

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

Annelies Wilder-Smith



Sleep Optimization Top:

Whispering the Strategies of Language: An Mental Journey through **Sleep Optimization Top**

In a digitally-driven world wherever monitors reign great and immediate interaction drowns out the subtleties of language, the profound techniques and emotional nuances hidden within phrases often get unheard. However, nestled within the pages of **Sleep Optimization Top** a fascinating literary value pulsing with organic emotions, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus encourages readers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within ab muscles fabric of each word. Within the mental depths of the poignant review, we will embark upon a sincere exploration of the book is primary subjects, dissect its interesting writing style, and fail to the effective resonance it evokes deep within the recesses of readers hearts.

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