

# 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 For Beginners

**Elizabeth Dean, Donna L. Frownfelter**



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web nov 30 2021 v2s in ıslak ağırlığı 230 dan 225 e v2 nin ise elektronik süspansiyonsuz düz modeli 222 kilograma inmiş hafifleştirmelerin 700 gramı daha hafif v4 aynalarından 500 gramı ise fren bağlantılarından sağlanıyor sürüşü daha sportif ve daha etkili hale getiren en önemli hafifleme ise toplamda 1 7 kilogram