

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

For Beginners Sleep Optimization

CL Gary



For Beginners Sleep Optimization:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **For Beginners Sleep Optimization**

In a world inundated with monitors and the cacophony of fast interaction, the profound power and mental resonance of verbal art frequently disappear in to obscurity, eclipsed by the regular assault of sound and distractions. However, nestled within the lyrical pages of **For Beginners Sleep Optimization**, a charming perform of literary splendor that pulses with fresh emotions, lies an unforgettable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that interesting opus courses readers on a psychological odyssey, delicately exposing the latent potential and profound affect stuck within the complex web of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect their interesting writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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