

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 Best

Brad Davidson, Laura Morton



Sleep Optimization Best:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Sleep Optimization Best**

In a global inundated with screens and the cacophony of instantaneous conversation, the profound power and psychological resonance of verbal artistry often diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, set within the musical pages of **Sleep Optimization Best**, a interesting perform of literary splendor that impulses with natural thoughts, lies an remarkable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, this mesmerizing opus instructions viewers on a psychological odyssey, softly exposing the latent possible and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central themes, dissect their interesting writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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