

# 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

**Dr. Varun Malik, Dr. Kiran Malik, Prof.  
Kuldeep Singh Kaswan**

**Sleep Optimization Best:**

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **Sleep Optimization Best** . This immersive experience, available for download in a PDF format ( PDF Size: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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