

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

Scott Kelby



Sleep Optimization Top:

Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Sleep Optimization Top**

In a global inundated with screens and the cacophony of instantaneous communication, the profound energy and emotional resonance of verbal artistry often diminish in to obscurity, eclipsed by the regular assault of sound and distractions. Yet, set within the lyrical pages of **Sleep Optimization Top**, a fascinating function of literary beauty that pulses with organic thoughts, lies an memorable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus books visitors on a psychological odyssey, softly revealing the latent possible and profound affect embedded within the complicated internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main styles, dissect their charming publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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