

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

Gareth Sapstead



Sleep Optimization Top:

Whispering the Secrets of Language: An Mental Journey through **Sleep Optimization Top**

In a digitally-driven world where screens reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and mental subtleties hidden within words usually move unheard. Yet, nestled within the pages of **Sleep Optimization Top** a interesting literary value pulsating with natural feelings, lies a fantastic journey waiting to be undertaken. Composed by a talented wordsmith, that charming opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the psychological depths of this moving evaluation, we will embark upon a honest exploration of the book is primary subjects, dissect their captivating publishing type, and yield to the effective resonance it evokes serious within the recesses of readers hearts.

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