

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

S Ashworth



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with ultra filtered gluten free high protein lactose free milk stevia sugar substitute sugar free instant vanilla pudding mix this is a dry mix that can be found in grocery stores on the baking aisle

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web this usually does the trick if you need to make this dairy free you can use unsweetened oat milk instead of milk

unsweetened coconut cream instead of heavy cream and vegan cream cheese instead of regular cream cheese recipe slightly adapted from ninja creami

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