

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

For Beginners Sleep Optimization

L Manion



For Beginners Sleep Optimization:

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

In a digitally-driven world where monitors reign great and quick transmission drowns out the subtleties of language, the profound strategies and mental subtleties concealed within words usually go unheard. However, situated within the pages of **For Beginners Sleep Optimization** a interesting literary value blinking with organic feelings, lies a fantastic journey waiting to be undertaken. Written by an experienced wordsmith, that enchanting opus encourages viewers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within ab muscles cloth of every word. Within the mental depths of this poignant review, we shall embark upon a genuine exploration of the book is primary subjects, dissect their fascinating writing design, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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