

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

Tips Sleep Optimization

Kathleen Armour



Tips Sleep Optimization:

Whispering the Secrets of Language: An Mental Quest through **Tips Sleep Optimization**

In a digitally-driven world wherever screens reign great and quick transmission drowns out the subtleties of language, the profound secrets and mental nuances concealed within words often go unheard. However, set within the pages of **Tips Sleep Optimization** a fascinating literary value blinking with natural thoughts, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles fabric of every word. Within the mental depths of the poignant review, we shall embark upon a genuine exploration of the book is core subjects, dissect its charming writing fashion, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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