

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

CO Houle



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web t t toward center of circle yes yes yes f f because centripetal acceleration is not zero n n yes provides centripetal force for circular motion conceptual physics

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web mar 4 2013 the distance between the balls decreases the wavelength decreases just as the distance between the balls in question 5 decreases 30 m 30 cm 1 m s

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web jan 14 2013 class date momentum 1 a moving car has momentum if it moves twice as fast its momentum is twice as much 2 two cars one twice as heavy as the other move down a hill at the same speed compared to the lighter car the momentum of the heavier car is twice as much 3 the recoil momentum of a cannon that kicks is