

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

Framework Sleep Optimization

LL Leslie



Framework Sleep Optimization:

Whispering the Techniques of Language: An Psychological Journey through **Framework Sleep Optimization**

In a digitally-driven world wherever screens reign supreme and immediate connection drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words usually get unheard. However, set within the pages of **Framework Sleep Optimization** a fascinating fictional treasure pulsing with organic emotions, lies a fantastic journey waiting to be undertaken. Written by an experienced wordsmith, that charming opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the emotional depths with this poignant review, we will embark upon a sincere exploration of the book is primary subjects, dissect their charming publishing design, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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