

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

Kathleen Armour



Framework Sleep Optimization:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Framework Sleep Optimization**

In a global inundated with screens and the cacophony of immediate conversation, the profound power and emotional resonance of verbal art frequently fade into obscurity, eclipsed by the constant onslaught of noise and distractions. However, situated within the lyrical pages of **Framework Sleep Optimization**, a charming perform of literary brilliance that pulses with raw emotions, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this enchanting opus books readers on a psychological odyssey, delicately exposing the latent potential and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key subjects, dissect their captivating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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