

# 5 HACKS FOR A BETTER SLEEP

## 1. AVOID STIMULANTS

Avoid using Stimulants like **Coffee or Tea** after 4:00 PM as caffeine may inhibit Melatonin production.



## 2. GET SUNSHINE

Sunlight promotes **Vitamin D** which helps in improving sleep pattern and alleviate depression.



## 3. WARM SHOWER

Researchers suggest a **warm shower** before bed helps people fall asleep faster.



## 4. LIMIT GADGETS USE

Avoid Using Phones, T.V or any other gadgets **30 mins before** you go to the bed.



## 5. TRY SLEEP WELL

Sleep Well contains **Melatonin**, a hormone that regulates sleep. Taking Sleep Well supplement can



# Sleep Hacks Deal Clearance

**Christian Drosten**



## **Sleep Hacks Deal Clearance:**

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*Family Practice Examination and Board Review* Jason K. Wilbur, Mark Graber, 2004-08-22

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*A Cyclopaedia of Drug Pathogenesis*, 1888      The Medical Age, 1887      The Saturday Review of Politics, Literature, Science and Art, 1875      **Saturday Review**, 1875      The Municipal Year Book and Public Services Directory, 1938      **The Official Railway Guide**, 1893      **The Western Medical Reporter**, 1887      **Family Practice Examination & Board Review, Second Edition** Mark Graber, Jason K. Wilbur, 2008-09-22 Market M4 FP

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