

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 environment and hormone 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, coffee, rich dairy products, coffee)



Sleep in a cool, ventilated, dark room

How To Sleep Optimization New

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How To Sleep Optimization New:

Whispering the Secrets of Language: An Psychological Quest through **How To Sleep Optimization New**

In a digitally-driven earth where screens reign supreme and instant transmission drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases often go unheard. However, set within the pages of **How To Sleep Optimization New** a fascinating fictional treasure pulsating with raw feelings, lies a fantastic journey waiting to be undertaken. Published by a skilled wordsmith, that charming opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very fabric of each word. Within the mental depths of this poignant evaluation, we shall embark upon a sincere exploration of the book is key styles, dissect its fascinating writing style, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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