

# 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

# Sleep Optimization Cheap Tips

**Paul McFedries**

## **Sleep Optimization Cheap Tips:**

*How to Sleep Better* Deepa Kannan, 2023-12-14 Did you know that 10-30 per cent of adults struggle with chronic insomnia? In *How to Sleep Better* Allied Functional Medicine and Ayurvedic health counsellor Deepa Kannan explores the root causes of poor sleep and provides expert tips and advice that will enhance the quality and duration of your resting hours and rejuvenate your life. She explains how and why we sleep what our body does while we rest and the reasons behind many common sleep problems. She also enlightens us on how to use each of our ten senses or indriyas mentioned in the Upanishads the eyes, ears, nose, skin, tongue, rectum, genitals, legs, hands, and mouth effectively to enjoy a restful night. This comprehensive guide offers an easy to adapt prescriptive lifestyle programme that will empower us with incredible tools for a healthier life.

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problems cbt teaches you coping skills for dealing with different problems it focuses on how your thoughts beliefs and attitudes affect your feelings and actions

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