

Exercise to Improve Sleep

Find the Best Time of Day for Your Workout Routine.



Aerobic or resistance exercise in the morning may stimulate earlier melatonin release in the evening.



High-intensity exercise in the afternoon may promote sound sleep by reducing wakefulness.



Light resistance or aerobic exercise in the evening may help reduce nighttime awakenings.

Sleep Optimization Workout Plan US

Chao Zhang

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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