

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

Best Sleep Optimization For Beginners

Sebastian Brünink

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Crohn's and Colitis For Dummies Tauseef Ali,2013-05-22 The ultimate reference for those with Crohn's and colitis and their family and friends Crohn's disease and colitis are frustrating often debilitating gastrointestinal diseases that can have a severe impact on the overall health of those who suffer from them According to the latest estimates more than 600 000 patients in North America have Crohn's disease Written by a physician specialising in the treatment of IBDs Crohn's and Colitis For Dummies is a complete plain English guide to understanding treating and living well with these diseases Helps readers actively recognize symptoms of Crohn's and colitis and explains the diagnostic procedures doctors use to identify these diseases Outlines how the whole body is affected by Crohn's and colitis and the potential hazards of letting the disease go untreated Offers expert advice and guidance on controlling Crohn's and colitis with diet and outlines the treatment options of medicines and surgery including the various risks and benefits of each Provides practical advice for parents of children with Crohn's and colitis with insights into how children's treatment options can differ from those of adults

Healthy Living Tips for Dummies Tamara Shelling Castleman,2000 **SQL: A Beginner's Guide, Fourth Edition**
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