

TIPS FOR BETTER SLEEP!



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01

Open Your Window!

Let the fresh air in! Maintain a quiet, comfortable and cool environment for a deep restful sleep.

02

Watch What You Eat And Drink

Avoid caffeine, nicotine, alcohol, and heavy or spicy meals close to bedtime. Instead, opt for a light snack or a warm drink, such as milk or chamomile tea.

03

Consistent Sleep Schedule

Try to go to bed and wake up at the same time every day, even on weekends. This helps your body maintain a natural cycle of sleeping and waking.

04

Manage Stress & Worries

Resolve any issues BEFORE bedtime. Also try deep breathing, meditation and yoga.

05

Try Some White Noise

White noise is a constant sound, like an air conditioner or static on a tv, that contains all frequencies audible to the human ear. Because of this, it can dull background noise — like from city streets — and help you get more sustained sleep.



Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep

Phyllis L. Brodsky, Allen Brodsky



Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep:

Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

<https://archive.kdd.org/results/Resources/default.aspx/The%20Fallout%20Shelter.pdf>

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