

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

G Psacharopoulos



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

Decoding **Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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