



SLEEP HACKS FOR BETTER HEALTH



ROUTINE

Choose a regular time of the day/night when you go to bed and wake up each day.



KEEP YOUR ROOM COOL

Colder rooms help you fall asleep faster and maintain a deeper sleep.



KEEP YOUR ROOM DARK

Sleeping in a dark room reduces the stimulation of light telling your body to be active.



REDUCE SCREEN TIME

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.



EXERCISE

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



CAFFEINE INTAKE

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.

Sleep Hacks Mental Health Tips Best

N Colangelo



Sleep Hacks Mental Health Tips Best:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Sleep Hacks Mental Health Tips Best**

In a global inundated with monitors and the cacophony of immediate interaction, the profound energy and emotional resonance of verbal art often diminish in to obscurity, eclipsed by the constant onslaught of noise and distractions. However, set within the musical pages of **Sleep Hacks Mental Health Tips Best**, a fascinating perform of literary brilliance that pulses with natural emotions, lies an unforgettable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, this mesmerizing opus courses readers on a psychological odyssey, lightly exposing the latent potential and profound influence embedded within the intricate web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is central subjects, dissect their fascinating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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