

5 Simple Tips To Sleep Better



Breathe deeply.
Inhale for 3-5 seconds,
hold, exhale for
3-5 seconds.



**Go to sleep no later
than 10:30pm to
keep your natural
circadian rhythm.**



Slow your pulse.
You can improve this
by eating healthy
potassium-rich foods.



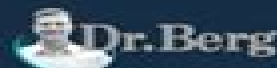
**Sleep on your right
side to open up
the heart.**



**Use Dr. Berg's Neck
and Back Massager
to relieve certain
acupressure points
in your neck and
adrenals and
pull out stress.**



Learn more about sleeping better and living healthier at
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Roman Wölfel

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

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Watch Series 11 User Manual was written to help everyday users take control of their device with clarity and confidence. From the very first unboxing to advanced features like ECG monitoring, sleep tracking, and 5G connectivity, every section is designed to save you time and frustration. No jargon, no confusion, just clear steps and practical advice to help you enjoy your watch every day.

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1. Pair your Apple Watch effortlessly with your iPhone or set it up for a child or older adult using Family Setup.
2. Choose and customize stunning watch faces and complications to fit your style and needs.
3. Track your heart health with ECG, blood oxygen monitoring, and hypertension notifications.
4. Use sleep tracking and the new Sleep Score to improve your rest and wellness.
5. Set up workouts, track running, cycling, swimming, and monitor training recovery.
6. Stay productive with calls, messages, reminders, calendars, and Siri on your wrist.
7. Manage battery life, fix pairing or update issues, and keep your watch running smoothly for years.

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