

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.



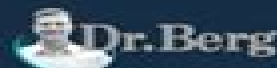
Sleep on your right
side to open up
the heart.



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and Back Massager
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acupressure points
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adrenals and
pull out stress.



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Sasha Hu

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- 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
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