

HOW TO SLEEP BETTER AT NIGHT NATURALLY:

- 01** Create a soothing nighttime ritual
- 02** Use white noise and/or earplugs
- 03** Stay cool
- 04** Experiment with sleep-promoting supplements
- 05** Limit bedroom activities
- 06** Limit caffeine, alcohol and nicotine before bed
- 07** Treat underlying disease
- 08** Eat earlier in the day
- 09** Time your exposure to light just right
- 10** Control your thoughts

50 Natural Ways To Better Sleep

Michal Rosen-Zvi



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