



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 Fall Clearance Compare

R Bogdan

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

Sleep Hacks Fall Clearance Compare:

Schlaf: Rasch erklärt Björn Rasch, 2021-01-25 Wir schlafen fast ein Drittel unseres Lebens Was passiert in dieser Zeit Professor Rasch gibt Antwort Einige Menschen sehen Schlaf als vertane Zeit und wollen ihn unbedingt verkürzen Anderen Menschen wiederum geht es nur dann gut wenn sie acht Stunden durchgeschlafen haben Und viele fragen Wie wichtig ist denn nun dieser Schlaf Kann ich meinen Schlaf optimieren Ist Schlaf wirklich die beste Medizin Kann ich trainieren weniger zu schlafen Björn Rasch ist seit 17 Jahren in der Schlafforschung tätig Bei Vorträgen Diskussionsrunden und Presseinterviews aber auch bei persönlichen Gesprächen wurden ihm immer wieder Fragen zum Schlaf gestellt Seine Antworten auf diese Fragen sind nun erstmals in diesem Buch zusammengetragen Und obwohl wir vieles über den Schlaf wissen oder zu wissen glauben bleibt doch einiges offen Dies spiegelt sich in den manchmal humorvollen manchmal sachlich kritischen mitunter nicht ganz eindeutigen Antworten wider Eine ansatzweise und wissenschaftlich fundierte Sammlung von Fragen und Antworten rund um den Schlaf zum Nachlesen Herumblättern und genussvollen Schmökern

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