

10. Avoid hanging out in your bed. It should be reserved for sleep and sex.



 Establish a regular bedtime and waking time.



 Allow yourself to take a nap if tired, but do not exceed 45 minutes of daytime sleep.

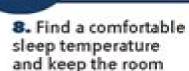


9. Block out all distracting noise and eliminate as much light as possible.

10 TIPS FOR BETTER SLEEP



3. Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.



well ventilated.





Avoid caffeine
 hours before
 bedtime.



Use comfortable, inviting bedding. Exercise regularly, but not right before bed.



5. Choose a bedtime snack that won't disrupt your sleep.

Sleep Optimization Best Tips

Dr. John Briffa

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Its integration of wellness into business strategy sets it apart offering readers a blueprint for achieving success without sacrificing their health and happiness An introduction to GRASPED The Solopreneur's Wellness Compass might invite readers to embark on a holistic journey toward achieving their entrepreneurial goals while maintaining and prioritizing their well being It could set the tone for a book that doesn't just talk about business success in isolation but considers it part of a broader balanced lifestyle How to Sleep Better Deepa Kannan, 2023-12-14 Did you know that 10 30 per cent of adults struggle with chronic insomnia In How to Sleep Better Allied Functional Medicine and Ayurvedic health counsellor Deepa Kannan explores the root causes of poor sleep and provides expert tips and advice that will enhance the quality and duration of your resting hours and rejuvenate your life She explains how and why we sleep what our body does while we rest and the reasons behind many common sleep problems She also enlightens us on how to use each of our ten senses or indrivas mentioned in the Upanishads the eyes ears nose skin tongue rectum genitals legs hands and mouth effectively to enjoy a restful night This comprehensive guide offers an easy to adapt prescriptive lifestyle programme that will empower us with incredible tools for a healthier life Healthy Living Tips for Dummies Tamara Shelline Castleman, 2000 the Office: 10 Simple Strategies for Maximizing Your Energy and Getting the Best Out of Yourself and Your Day Dr. John Briffa, 2014-01-16 Tired of a 9 to 5 that s more like an 8 to 7 A Great Day at the Office offers the solutions you need for a healthier happier and more productive time at work and away **Stress Management 101 for College Students** Ivor Lensworth Livingston, 2007 Change Your Schedule, Change Your Life Suhas Kshirsagar, Michelle D. Seaton, 2018-01-30 An eye opening handbook from a leading Ayurvedic physician that blends cutting edge science on clock genes with ancient eastern wisdom to help us understand how to harness the power of chronobiology to effortlessly lose weight sleep better exercise stronger reduce stress and boost our wellbeing It's not you it's your schedule Does it sound like magic It's not We ve all heard of circadian rhythms those biological processes that give us jet lag and make us night owls or early birds But few of us know just how profoundly these diurnal patterns affect our overall health Bad habits like skipping meals squeezing in workouts when it s convenient working late into the night to maximize productivity and then trying to catch up on sleep during the weekend disrupt our natural cycles A growing body of research on chronobiology reveals just how sensitive the human body is to these rhythms all the way down to the genetic level Our clock genes control more than we realize and small changes can make the difference between battling our bodies and effortlessly managing weight sleep stress inflammation and more Marrying ancient Ayurvedic wisdom with the latest scientific research Dr Suhas Kshirsagar's holistic step by step 30 day plan gives you the tools and the schedule you need to transform your life With diagnostic guizzes to determine your specific mind body type you will learn to adapt you schedule for effortless wellness for life Rest, Refocus, Recharge Greg Wells, 2020-03-10 From the bestselling author of The Ripple Effect simple and innovative ways to fight fatigue feel stronger and live better In a 24 7 world it can be a real challenge to get proper rest and give your mind and body the

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