

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.**



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Sleep Hacks Top Tutorial

M Tight



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Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Sleep Hacks Top Tutorial** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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