

# 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 Near Me

**John Chirillo**



**Sleep Hacks Near Me:**

Discover tales of courage and bravery in its empowering ebook, **Sleep Hacks Near Me** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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