

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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web crispy biscuit with a heart of caramelised almonds le gras doit être bien doré et croustillant the fat side should be golden and crispy doux croustillant légèrement piquant sweet crisp slight tang on the finish traductions en contexte de croustillant en français anglais avec reverso context détail croustillant pain croustillant