

# 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

**Katrin Zwirgmaier**



**Sleep Hacks Near Me:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Sleep Hacks Near Me** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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