Sleep Smarter for a Better Life

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A practical guide to reviewing sleep routines and creating an environment more conducive to rest.

Inside this guide

- Consider bedroom conditions such as light, sound, and routine.
- Explore habits that can make evenings and mornings more consistent.
- Identify changes that may make a sleep space more comfortable.

Who it may help

For readers interested in everyday habits and environmental factors related to sleep.

Putting the ideas to work

Use the suggestions as general wellness ideas and consult a qualified professional about ongoing sleep concerns.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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