

# SLEEP IN A DARK AND COOL ROOM



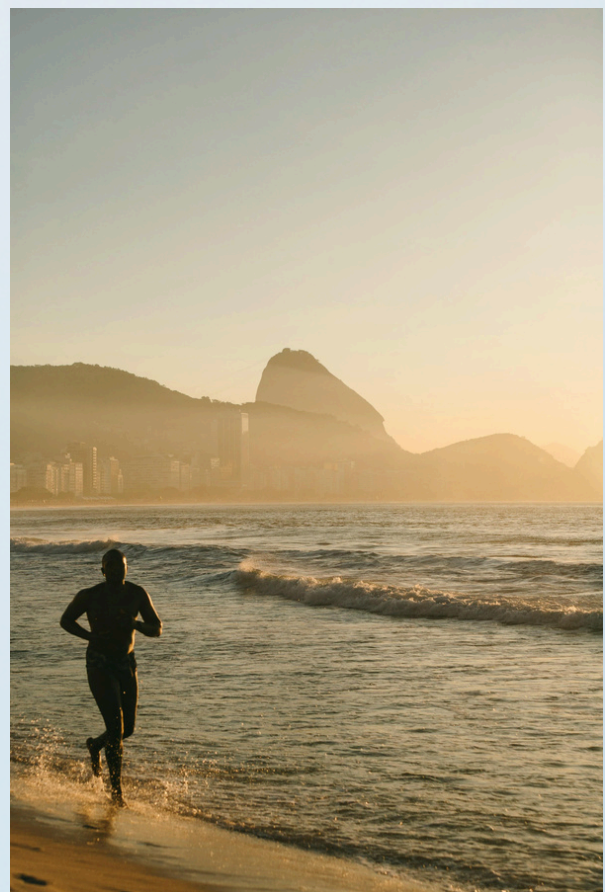
**Sleeping in a dark and cool room can improve sleep quality. A dark room helps your brain relax, and a cool temperature makes it easier to fall asleep and stay asleep.**



**STOP CAFFEINE BY EVENING MOREOVER, IF WE SLEEP WITH CAFFEINE IN OUR BLOOD, THE QUALITY OF OUR SLEEP IS REDUCED.**



**ONE OF THE BEST WAYS TO CALM YOUR MIND IS USING MEDITATION, WHICH HAS BEEN PROVEN TO LOWER STRESS AND INFLAMMATION IN OUR BODIES.**



**EXERCISE DURING THE DAY EXERCISING DURING THE DAY HELPS PEOPLE FALL ASLEEP MORE QUICKLY AND ALSO IMPROVES SLEEP QUALITY, BUT WE SHOULDN'T EXERCISE TOO CLOSE TO OUR BED TIME.**

