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Sleep Smarter | PDF Book Summary | By Shawn Stevenson

Having light in your bedroom suppresses melatonin production by a whopping 50 percent! Eliminating light will help you sleep deeper and longer. Lastly, avoid those little glowing screens at night. The blue light in electronic screens inhibits melatonin production and makes it harder to sleep.

Sleep Smarter Summary by Shawn

Stevenson - Four Minute Books

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