

Tipps für einen guten Schlaf

1 Trinken Sie abends warme Getränke. Verzichten Sie auf Alkohol und Schwerverdauliches.

2 Duschen Sie abends lauwarm.

3 Tragen Sie leichte Baumwollkleidung. Legen Sie diese ggf. vor dem Tragen in den Kühlschrank.

4 Lüften Sie nachts und in den frühen Morgenstunden.

5 Verdunkeln Sie die Fenster.



Gut Schlafen Erholsame N Chte Lingen

TD Snyder



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