

17 CONSEILS POUR MIEUX DORMIR LA NUIT

Conseil n° 1

Augmentez l'exposition à la lumière vive pendant la journée.



Conseil n° 2

Réduisez l'exposition à la lumière bleue le soir.

Conseil n° 3

Ne consommez pas de caféine en fin de journée pour bien dormir.



Conseil n° 4

Réduisez les siestes irrégulières ou longues pendant la journée.

Conseil n° 5

Essayez de dormir et de vous réveiller à des heures régulières.



Conseil n° 6

Prenez un supplément de mélatonine.

Conseil n° 7

Envisagez ces autres compléments pour bien dormir.



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