

Ultimate Sleep Hacks



Put your phone down 2 hrs before bed. You'll thank us tomorrow, we promise.



Bust out the aromatherapy. And breathe in and out the zen vibes.



Use a weighted blanket. It's like getting tucked in with a giant hug.



Sleeping masks are equal parts fashionable and functionable.



Try a white noise machine or sleep meditation to knock out in an instant.



Turn the TV off. That next episode will be just as good in the morning.



Get in the nighttime flow with some restorative yoga.



Save the intense workouts for earlier in the day. That adrenaline rush won't help you sleep.

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Michael Rajnik

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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Hack Your Hormones Davinia Taylor, 2023-05-25 THE INSTANT NUMBER ONE SUNDAY TIMES BESTSELLER A wonderful book Dr Chris van Tulleken Sunday Times bestselling author of Ultra Processed People Sleep better thanks to cherries Fix your brain fog with good fats Improve your metabolism with brazil nuts When we talk about hormones we so often think of them as a women s issue But our hormones regulate everything from our sleep to the way we eat our stress response and our moods In Hack Your Hormones Davinia Taylor entrepreneur and biohacking pioneer breaks down how best to optimise all of our hormones Davinia gives symptom led advice backed up with the expertise of a doctor on how lifestyle hacks and supplements can balance our cortisol adrenaline dopamine and more even Vitamin D yep it s a hormone And the answers might be as close as your kitchen cupboards This groundbreaking new book is full of simple accessible hacks that will make you feel not just better but amazing Let s get our hormones into the optimum place they can be Because if I can feel better then anyone can This is proper real empowerment not tampon ad empowerment This is your body nobody can look after it like you can Davinia Non Fiction Paperback bestseller The Sunday Times nine consecutive weeks from 4th June 2023

Sleep Hacks Keith Barry, 2024-09-19 Harness the power of your mind for better sleep Renowned brain hacker Keith Barry has spent his career mastering the science of hypnosis and sleep aiding countless individuals in overcoming damaging sleep patterns while establishing new beneficial habits Now he wants to help you In this transformative programme Keith unveils his unique approach integrating hypnosis neuroscience and brain hacking techniques to assist anyone who is struggling to attain deep revitalising sleep With this truly life changing book you will not only understand the mechanics of your sleep patterns but will also possess the tools to rewire your brain for a restful and rejuvenating night s sleep

Sensehacking Charles Spence, 2021-01-14 The world expert in multisensory perception on the remarkable ways we can use our senses to lead richer lives Talks total sense lots of fun facts right up there with the best of the best Chris Evans Packed with studies on pain attention memory mood The Times How can the furniture in your home affect your wellbeing What colour clothing will help you play sport better And what simple trick will calm you after a tense day at work In this revelatory book pioneering and entertaining Oxford professor Charles Spence shows how our senses change how we think and feel and how by hacking them we can reduce stress become more productive and be happier We like to think of ourselves as rational beings and yet it s the scent of expensive face cream that removes wrinkles temporarily a room actually feels warmer if you use a warmer paint colour and the noise of the crowd really does affect the referee s decision Understanding how our senses interact can produce incredible results This is popular science at its unbelievable best Spence does for the senses what Marie Kondo does for homes Avery Gilbert author of What the Nose Knows Everything you need to know about how to cope with the hidden sensory overload of modern life engagingly told Robin Dunbar author of How Many Friends Does One Person Need Healthy Sleep John T. Peachey, Diane C. Zelman, 2023-09-21 We all know how important

sleep is but many of us struggle to consistently get enough high quality rest This book answers readers sleep related questions and offers guidance for a better night's slumber Part of Bloomsbury's Q A Health Guides series this book aims to educate teens and young adults about the importance of sleep through an engaging question and answer format The book's 44 questions cover the basics of sleep and dreaming the connection between sleep and health sleep problems and disorders and how to improve sleep Why exactly is sleep so important How does not getting enough impact physical wellbeing academic performance and interactions with others How do you know if you have a sleep disorder Can caffeine and power naps really make up for poor sleep habits The text strikes a balance between theory and practice offering both clear explanations of foundational concepts in sleep science and useful suggestions that readers can implement in their own lives Augmenting the main text a collection of 5 case studies illustrate key concepts and issues through relatable stories and insightful recommendations The Common Misconceptions section at the beginning of the volume dispels 5 long standing myths about sleep directing readers to additional information in the text The glossary defines terms that may be unfamiliar to readers while a directory of resources curates a list of the most useful sleep related books websites and other materials Finally whether they're looking for more information about sleep or any other health related topic readers can turn to the Guide to Health Literacy section for practical tools and strategies for finding evaluating and using credible sources of health information both on and off the Internet

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the back of their heads dr carson believes he might be able to successfully separate them but realizes that he also risks losing
one or both of them after explaining the risk and despite that fact ben agrees to operate

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