

STRESS RELIEF Night Patch

FEEL PEACEFUL AND HAVE A GOOD DREAM

x11month

28
PIECES

*Indulge in moments of relaxation
with our Evening Relief Patches!*

Sleep Hacks 2025 Clearance

Julia Bradbury



Sleep Hacks 2025 Clearance:

The 2025 Longevity Blueprint: Diets, Biohacks & AI Tools for Living Longer and Healthier Rayan Shaikh
,2025-09-06 The 2025 Longevity Blueprint presents a comprehensive evidence based approach to extending human healthspan through nutrition biotechnology and artificial intelligence Drawing from the latest research in aging science it explores cellular aging mechanisms senescence inflammation and modern breakthroughs from CRISPR to calorie restriction Readers will gain clear applicable strategies to improve well being enhance focus and extend quality of life **Brainhacks**
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,2026-02-01 Biosensing the Future Wearable Ingestible and Implantable Technologies for Health and Wellness Monitoring Part B Volume 216 covers the rapidly evolving field of biosensors highlighting their transformative role in modern healthcare disease monitoring and personalized medicine Chapters in this new release include Technologies and emerging trends in wearable biosensing Implantable biosensors advancements and applications Neural implants restoring function and enhancing quality of life Ingestible biosensors monitoring health from within Ingestible biosensors for monitoring digestive health and nutritional monitoring Ingestible biosensors for drug delivery monitoring Artificial intelligence in wearable biosensing enhancing data analysis and decision making and much more Additional sections cover Wearable Privacy Ethical and regulatory landscape of wearable ingestible and implantable technologies Characterization of skeletal muscle contraction using a flexible and wearable ultrasonic sensor Wearable Biosensors for Climate Change and Health Research

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