

# Ultimate Sleep Hacks



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

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

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

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Sleeping masks are equal parts fashionable and functionable.

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

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

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Get in the nighttime flow with some restorative yoga.

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

# Sleep Hacks This Month

**Francisco Zamora**



## **Sleep Hacks This Month:**

Eventually, you will enormously discover a additional experience and expertise by spending more cash. yet when? accomplish you assume that you require to get those all needs taking into consideration having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more in relation to the globe, experience, some places, with history, amusement, and a lot more?

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