

Just before you *sleep*...

Tip #1

Take a warm bath or shower.

Tip #2

Make your room comfortable and listen to calming music.

Tip #3

Put away your devices, and limit food and fluid intake an hour before bedtime.

Tip #4

Develop a sleep routine like brushing teeth, taking supplements & washing face

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Biohacking for Entrepreneurs and High Achievers: How to Upgrade Your Body and Mind for Maximum Results Silas Mary, 2025-02-11 What if you could fine tune your body and mind for peak performance Biohacking is the science of optimizing your biology to achieve more think faster and stay ahead of the competition This book unveils the latest biohacking techniques used by elite entrepreneurs and top performers to boost energy enhance brain function and increase longevity From sleep optimization and nootropics to intermittent fasting and cold exposure you ll learn the science backed hacks that give you an edge Whether you re looking to maximize productivity improve recovery or simply operate at a higher level every day this book provides the roadmap to upgrading your performance and becoming the best version of yourself

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Windows 8 Hacks Preston Gralla, 2012-11-28 Windows 8 is quite different than previous Microsoft operating systems but it s still eminently hackable With this book you ll learn how to make a variety of modifications from speeding up boot time and disabling the Lock screen to hacking native apps and running Windows 8 on a Mac And that s just the beginning You ll find more than 100 standalone hacks on performance multimedia networking the cloud security email hardware and more Not only will you learn how to use each hack you ll also discover why it works Add folders and other objects to the Start screen Run other Windows versions inside Windows 8 Juice up performance and track down bottlenecks Use the SkyDrive cloud service to sync your files everywhere Speed up web browsing and use other PCs on your home network Secure portable storage and set up a virtual private network Hack Windows 8 Mail and services such as Outlook Combine storage from different devices into one big virtual disk Take control of Window 8 setting with the Registry

Big Book of Apple Hacks Chris Seibold, 2008-04-17 Bigger in size longer in length

broader in scope and even more useful than our original Mac OS X Hacks the new Big Book of Apple Hacks offers a grab bag of tips tricks and hacks to get the most out of Mac OS X Leopard as well as the new line of iPods iPhone and Apple TV With 125 entirely new hacks presented in step by step fashion this practical book is for serious Apple computer and gadget users who really want to take control of these systems Many of the hacks take you under the hood and show you how to tweak system preferences alter or add keyboard shortcuts mount drives and devices and generally do things with your operating system and gadgets that Apple doesn't expect you to do The Big Book of Apple Hacks gives you Hacks for both Mac OS X Leopard and Tiger their related applications and the hardware they run on or connect to Expanded tutorials and lots of background material including informative sidebars Quick Hacks for tweaking system and gadget settings in minutes Full blown hacks for adjusting Mac OS X applications such as Mail Safari iCal Front Row or the iLife suite Plenty of hacks and tips for the Mac mini the MacBook laptops and new Intel desktops Tricks for running Windows on the Mac under emulation in Parallels or as a standalone OS with Bootcamp The Big Book of Apple Hacks is not only perfect for Mac fans and power users but also for recent and aspiring switchers new to the Apple experience Hacks are arranged by topic for quick and easy lookup and each one stands on its own so you can jump around and tweak whatever system or gadget strikes your fancy Pick up this book and take control of Mac OS X and your favorite Apple gadget today [Hacking the PSP](#) Auri

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Dan Frakes,2006-02-20 Dan Frakes Mac OS X Power Tools is an essential and approachable guide for getting the most from Mac OS X Christopher Breen Mac 911 Columnist MacWorld Magazine Mac Expert Dan Frakes Turns You Into a Power User The latest version of Mac OS X v10.3 Panther is here and noted expert Dan Frakes has once again worked day and night to discover and document the best ways for Mac users of all levels of experience to get things done This completely revised and updated second edition of Mac OS X Power Tools provides tips shortcuts and step by step solutions to equip you with the most essential insights and knowledge With this book at your side and your Mac in front of you you'll understand Mac OS X like never before saving time avoiding headaches and transforming OS X into one very productive cat Coverage includes

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PSP Hacks, Mods, and Expansions Dave Prochnow, 2005-12-08 The popular Sony PlayStation Portable PSP is the most advanced handheld video game system on the market today capable of doing much more than most owners realize This book is required reading for those of you who want to tinker under the hood and discover the full capabilities and hidden features and functions of PSP You will be able to easily convert and customize your gaming device into a versatile digital companion that allows you to View movies and pictures Listen to music Browse the web Increase memory Customize your favorite games Upgrade PSP hardware and software Integrate the iPod into the PSP world Use any memory stick with the PSP Listen to MP3s and watch movie videos from the PSP The companion website will contain sample PSPcasts and movies as well as the entire book in special PSP compatible format so that it can be viewed from the device

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