

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 functional.



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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New York (N.Y.)

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Anti-Aging Hacks Karen Asp,2019-01-01 Preserve your looks and your health with these 200 easy strategies to age proof your body and mind Are signs of aging or even just worrying about signs of aging taking their toll on you In Anti Aging Hacks you ll find more than 200 easy actionable tips and exercises you can implement right away to help age proof your body and mind Through straightforward easy to understand language you ll learn how to preserve your appearance and health as well as combat or prevent the most common ailments conditions and risks associated with aging From protecting your skin from wrinkles and fortifying your diet to strengthening your body with fun and easy exercises and staying mentally sharp with stimulating activities to preserving a youthful glow you ll find all you need to know to stay healthy strong sharp and youthful for years to come A selection of anti aging hacks include Sleeping on your back to reduce wrinkles Wearing sunglasses to help prevent cataracts and macular degeneration Slowing aging and improve health through intermittent fasting Using skincare products with retinol Reading for 30 minutes a day to increase your life span Embrace Anti Aging Hacks as your own personal fountain of youth in handy guidebook form

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iPhone and iPad Web Design For Dummies Janine Warner,David LaFontaine,Lee Andron,2011-06-24 A full color guide to designing cutting edge web sites for the iPhone iPad and iPod touch Apple s touchscreen devices have created worldwide techno lust conjuring a record breaking market out of thin air iPads iPhones and iPods are so in demand that they outsell every other device in their categories If your website is not designed to take advantage of the extraordinary new capabilities of these popular devices then you will miss out on an increasingly important part of your audience With all the focus on the App Store thanks to the ubiquitous There s an App for that ad campaign you could be forgiven for overlooking the fact that the single most popular app on the iPhone and iPad is

Safari That's right The humble web browser that comes installed on every iOS device ready to surf at the flick of a finger This is where iPhone iPad Web Design For Dummies comes in Based on real world experience this guide written in a language that real human beings can read shows you how to use HTML5 CSS3 and jQuery to produce interactive websites that will delight your users and keep them coming back for more You'll discover how to plan the perfect mobile web experience create interactivity and multimedia test and optimize your creations and publish and market your final design with iPhone iPad Web Design For Dummies

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 Windows 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

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Denied: The Dark Truth About American Healthcare Allen

Dekeyser,2025-08-01 Denied The Dark Truth About American Healthcare is a raw emotional and unfiltered expos that unveils how one of the wealthiest nations on earth consistently fails the people who need care the most From denied cancer treatments to unaffordable life saving medications from mental health abandonment to the silencing of doctors this book holds nothing back Allen DeKeyser survivor and advocate delivers a powerful chapter by chapter journey through the corrupt profit first machine that is American healthcare With real stories brutal truths and an unwavering call to action Denied speaks for the millions left behind buried in bills or gone too soon This book is not just a warning It's a weapon And it belongs in the hands of anyone who still believes healthcare is a human right

Big Book of Windows Hacks Preston Gralla,2007

This useful book gives Windows power users everything they need to get the most out of their operating system its related applications and its hardware

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York (N.Y.),1873

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Jackson (Jr.),Sam Andrew Willson,John Preston White,Rudolph Kleberg,W. W. Nelms,W. C. Wear,1913

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