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Maria Garcia, Jack Norton, Kitty Norton



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Sleep Hacker Transcend Your Limits, 2022-02-21 Your sleep is broken The chances are you're NOT sleeping as well as you could In fact MOST of us just aren't sleeping as well as we could be and this is showing up in various forms People are feeling too tired to work depressed and weak throughout the day And this is usually one or two things that you're doing WRONG that are stopping your body entering the deep sleep stage it needs to restore and recover Over the last few years I've collected several highly effective sleep hacks and tricks that you could use to sleep BETTER These things work and they work fast SLEEP BETTER We've collected dozens of tips bits of information and methods or techniques for improving your sleep and going to sleep faster FEEL BETTER If you practice these techniques you'll fall asleep better and feel much better in the morning Lots of people complain of not getting enough sleep or not sleeping well enough so we've collected the tips that can help you SLEEP FASTER Another common concern is people can't seem to fall asleep FAST enough so we've collected some information on how to fall asleep faster and with less effort as well Overcome your bad sleep habits and finally feel good when you wake up in the morning We've spent months collecting the best and most effective tips and tricks for sleeping better so you can enjoy your life more Scroll up or down and order your copy now and get started improving your sleep SLEEP IS IMPORTANT It's been shown that if you get better quality sleep everything else becomes easier You'll have more energy You won't need naps during the day You'll recover from exercise faster Your immune system will be boosted You'll be less likely to get or stay depressed You'll be more creative There are LITERALLY thousands of benefits of getting better sleep So I've created the ultimate guide Sleep Hacker Sleep Hacker contains over 50 powerful sleep hacks that you can use to improve your sleep and feel better These things have been tried

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rejuvenating night's sleep **The Insomnia Diaries** Miranda Levy, 2021-06-10 A Telegraph readers best book of the year A Financial Times readers best 2021 summer book A powerful new book The Daily Mail Quite the story fascinating Claire Byrne RTE1 This memoir meets manual with expert tips is both honest and helpful Victoria Woodhall Get the Gloss FOREWORD BY DR SOPHIE BOSTOCK 29th June 0 HOURS 0 MINUTES Eleven forty seven pm A door slams as the neighbour's teenage son comes home from the pub An hour later the last Tube rumbles past and I thump my pillow over to find a cool spot I refuse to open the window because of my fear of hearing the first bird of morning confirmation that the next day is about to start and I have failed yet again Failed in my quest to sleep which one would think is a basic human right But I am not a POW whose captors breach the Geneva Convention No one has stolen my sleep from me I am not wired up to electrodes a neon light is not shining in my face all night long I have blackout blinds and a king size bed all to myself My enemies are my brain and a body that has forgotten how to shut down After a single catastrophic event journalist Miranda Levy had one sleepless night then another and then another She sought help from anyone she could doctors a therapist an acupuncturist a hypnotist a reiki practitioner and a personal trainer but nothing seemed to work Sleep wellbeing and mental health are intrinsically linked Yet sleeplessness is surprisingly common 16 million of us suffer from insomnia and the sleep industry is worth 100 billion Daily Mail In **The Insomnia Diaries** Miranda Levy tells the story of her experience of severe disabling insomnia that affected every aspect of her life for years and how she ultimately recovered Part memoir part reportage this book will help anyone who struggles to get a good night's sleep whether occasionally or all of the time appreciate the issues and understand the options as they find their best way to get the rest they need Dr Sophie Bostock scientist sleep expert and member of the team who developed the award winning digital programme Sleepio contributes a foreword She and a host of expert contributors have advised on the medical elements within the text throughout **10 Hacks for Sound Sleep and Optimal Health** 10 Hacks Publishing, 2025-03-28 Are restless nights stress or fatigue affecting your daily life 10 Hacks for Sound Sleep and Optimal Health is your go to guide for natural science backed solutions to achieve deep restorative sleep without medication This practical book outlines ten powerful sleep hacks designed to optimize sleep quality improve energy levels and support overall health Whether you're struggling with insomnia an inconsistent sleep schedule or daily stress these expert strategies will help you reclaim the rest you deserve Inside you'll discover Hack 1 Mastering Your Sleep Environment Transform your bedroom into the ultimate sleep sanctuary with simple yet effective adjustments Hack 2 The Power of Consistent Sleep Schedules Learn how to reset your body clock and establish a sleep routine that promotes long term wellness Hack 3 Nutrition for Nightly Rest Uncover the best and worst foods that influence your ability to fall and stay asleep Hack 4 Movement and Exercise Find out how the right type and timing of exercise can enhance your sleep quality Hack 5 Stress Management Techniques Master relaxation methods that calm the mind and prepare your body for rest Hack 6 Technology and Sleep Minimize blue light exposure and digital distractions for better sleep hygiene Hack 7 Understanding

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