

1.



MAINTAIN A
CONSISTENT
DAILY
SCHEDULE

3.



TURN OFF THE
COMPUTER OR
TELEVISION

2.



REDUCE
YOUR DAILY
CAFFEINE
INTAKE

4.



DON'T GO TO
BED ON A
**FULL
STOMACH**

5.



DON'T GO TO
BED ON AN
**EMPTY
STOMACH**

6.



ENGAGE IN
REGULAR
EXERCISE



7.

LIMIT BEVERAGE
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BEFORE
BED



8.



KEEP YOUR
BEDROOM
**DARK &
QUIET**

9.



**INVEST IN A
COMFORTABLE
MATTRESS, PILLOW &
BEDDING**

10. GO TO SLEEP
AND WAKE
UP USING
**YOUR
INTERNAL
ALARM CLOCK**



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Andrew M. Pomerantz

Sleep Hacks Deal:

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18 Wellbeing Hacks for Students Aidan Harvey-Craig, 2020-08-21 How can the desk in front of you reveal a whole new perspective on your life What s so important about refusing to board the catastrophe train Why does the anti rotting agent given off by plants make you feel great Through 18 short chapters Aidan Harvey Craig scours every corner of psychology from neuroscience to psychodynamics to uncover the unexpected secrets of hacking your wellbeing Based on the latest research each chapter takes you on a journey of surprises guiding you through an abundance of deceptively simple ideas which will help you to see your world in a new light and improve your wellbeing Organised into three sections Notice Energise and Connect each hack addresses issues that affect us all including our sleep relationships stress identity and our dependence on smartphones Intertwining the latest insights in psychology with practical and easy to use advice this book offers new ways to empower yourself and tackle the challenges of growing up and studying in the 21st Century

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