

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 functionable.



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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Lei Shi

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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work smarter not harder Our guide is packed with practical strategies and tips specifically designed for lazy achievers like you We ll help you set realistic and achievable goals break them down into manageable steps and provide you with strategies to effortlessly incorporate healthy habits into your daily routine Forget about spending hours in the kitchen We ll simplify meal planning and provide you with quick and easy recipes that require minimal time and effort You ll discover how to make nutritious choices without sacrificing taste or convenience When it comes to fitness we ve got you covered Say goodbye to grueling workouts and hello to lazy fitness routines We ll introduce you to low intensity exercises that target multiple muscle groups simultaneously so you can get fit without breaking a sweat And for those busy days we ll show you how to incorporate movement into your daily activities for an active lifestyle But we don t stop at physical health We understand the importance of rest and recovery for your overall well being That s why we ll teach you the art of resting and provide strategies for incorporating relaxation into your busy schedule Get ready to sleep better reduce stress and experience profound benefits for your mental and emotional health And let s not forget about your mindset We ll explore stress management techniques mindfulness practices and strategies for cultivating a positive outlook Say goodbye to negative self talk and hello to self compassion and self care The Lazy Person s Guide to a Healthy Lifestyle is your go to resource for achieving optimal health and well being without sacrificing your lazy nature It s time to embrace your unique approach to wellness and start living a healthier happier life with minimal effort Don t wait any longer Grab your copy of The Lazy Person s Guide to a Healthy Lifestyle and embark on a transformative journey towards a healthier you Say goodbye to the exhausting and complicated methods of the past and say hello to a new way of achieving wellness the lazy way Your health journey starts now

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