

# 30 Addictive Romantasy Books to Read Now



# Romantasy Books Sleep Hacks Today

**T. J. Holmes**



## **Romantasy Books Sleep Hacks Today:**

*Yokai Treasures Books 1-3* Kate Grove, 2024-02-29 Travel through time and find love in medieval Japan with witches samurai ninja and yokai in this captivating fantasy romance collection *Sword and Mirror* When Ciara finds herself stranded in medieval Japan in the middle of a territorial war she must enter into a fake relationship with a samurai warlord to survive No one gave her a heads up about supernatural enemies though *Smoke and Jewel* Following a lead on her cousin s disappearance Karen s luck seem to run out as she finds herself in a war torn Japan The only way out is to convince the ninja who captured her but they stand on different sides *Blades and Feathers* The plan was easy infiltrate the stronghold of a greenhorn lord obtain the treasure get out Falling for him was never her intention This is a collection of the first three books of the *Yokai Treasures* a romantasy series set in 16th century Japan heavily influenced by folklore and fantasy elements Includes the following books *Sword and Mirror* *Smoke and Jewel* *Blades and Feathers* Keywords collection omnibus boxset slowburn enemies to lovers fake relationship crossdressing yokai tengu samurai ninja shinobi timetravel Japan witch magic supernatural powers hurt and comfort dragons gods

*Adrift* Bridget E. Baker, 2021-05-15 In your wildest nightmares As the only woman on Terra who could Lift Alora was accustomed to hiding her differences On Earth she had learned not to trust anyone but her older brother Jesse But when Alora s two worlds collide and all her worst dreams come true she refuses to accept defeat In spite of reason logic and self doubt she gambles her future to save the one thing that matters most in her life and it works Or does it Her dreams of Terra may finally be a thing of the past but her life is far from her own New enemies appear around every corner and everyone wants something from her But perhaps the most concerning development of all are the secrets hiding in her own memories Can Alora hold on to the one person she loves in all the world s Or will the price of saving him become too steep Keywords portal fantasy ya urban fantasy ya contemporary fantasy ya epic fantasy Egyptian mythology teen urban fantasy fantasy romance ya fantasy romance ya contemporary romance fantasy myths and mythology fantasy urban fantasy romance portal fantasy ya urban fantasy ya contemporary fantasy ya epic fantasy Egyptian mythology teen urban fantasy fantasy romance ya fantasy romance ya contemporary romance fantasy myths and mythology fantasy a thousand pieces of you claudia gray fans of claudia gray throne of glass acotar sarah j maas maas fans of sarah maas sarah moss sarah mass shatter me tahereh mafi the secret life of addie larue percy jackson dust kara swanson fans of percy jackson fans of lightning thief rick jordan fans of rick riordan rick riordan alexandra bracken lore fans of alexandra bracken best books for teens clean romance fantasy urban fantasy teleportation telekinetic werewolves shifters elementals neil gaiman norse mythology egyptian mythology the throne of fire the hammer of thor scarlett st clair fans of scarlett st clair lore olympus anansi boys Egyptian mythology magic ra Howl s moving castle the lion the witch and the wardrobe cs lewis narnia stephanie garber the ballad of never after the cruel prince a curse so dark and lonely brigid kemmerer kimmerer holly black daughter of smoke and bone laini taylor tahereh mafi

**Ways to Fall Asleep** Pyramid, 2020-04-02 Keep this book by

your bedside as the ultimate aid for nodding off in no time In this handy little book you ll find a whole range of tips tricks and relaxing activities to help you switch off and unwind From dot to dots and colouring in to meditations and yoga poses you ll find all you need to wind down at the end of a stressful day and relax in preparation for a restful night s sleep 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 and tested by many people and work fast for almost everyone What you ll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don t get enough How your mattress position and settings really make a big difference to how well your body is able to sleep It s not what you expect How raising your bed a few inches at the headboard end can supercharge digestion and immune regeneration and impact your dreams How to wake up at ANY TIME every morning WITHOUT an alarm clock and WITHOUT feeling tired This is so useful and you ll be able to DECIDE how to live your mornings now How to reset your natural body clock in one simple process It s a challenge but it WORKS A natural and effective way to stop snoring so you can experience less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your sleep time This is another thing most people get wrong Finally the ACTUAL best sleep posture explained and why most people get this WRONG A strange type of soundwave audio that you can listen to that will practically sedate and soothe you

to sleep in less than 9 minutes Over 50 unusual strange sleep tips explained in great detail I don't want to give away too much here

**Insomnia: 84 Sleep Hacks to Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills** Peter Cook, 2017-03-08

Insomnia Sleep Hacks to Fall Asleep Fast Sleep Better and Have Sweet Dreams Without Sleeping Pills Download Today Includes 84 Sleep Hacks To Go To Sleep More Easily Conquer Insomnia Symptoms and Develop Healthy Sleep Habits Sleep is weird don't you think For about one third of every day you lie down with your eyes closed while your system shuts down Yet without sufficient sleep we wouldn't be able to perform remember anything or even feel healthy All the beauty in the world around us insofar as it is created by mankind could not exist Sleep really is the cornerstone of life Unfortunately many people are sleep deprived They can't get enough deep sleep Or no sleep at all Sleeping disorders like insomnia and sleep apnea and also a disorder like chronic fatigue syndrome can have a detrimental impact on the quality of your life I have good news for you though You can take back control of your life This book is jam-packed with 84 practical Sleep Hacks that will help you to fall asleep fast and sleep soundly This book consists of 3 parts Part A Sleep Explained Part B How To Sleep Better Part C Recap In Part A Sleep Explained you will learn What sleep is Why we sleep How sleep works How light affects your sleep How much sleep we need Why we dream and What sleeping disorders are These are the basics it is important to get a good understanding of how sleep works Every chapter in Part A Sleep Explained starts with the Key Takeaway of that chapter This allows you to quickly get the gist of every chapter before you start reading it Once you have a good understanding of why we sleep and dream how sleep works how much sleep we need and sleeping disorders you are ready to take action Part B How To Sleep Better is loaded with sleep hacks tips and strategies that you can use to sleep better and deeply waking up recharged Here is where the magic starts to happen After debunking a few common sleep myths you will learn what does work in order to sleep better Making your bedroom a sleep sanctuary Turning your bed into a sleep haven Getting your light fix during the day and dimming the lights at night Staying away from electronic devices in the evening Changing your diet and Many other strategies to improve your sleep quality Part B How To Sleep Better focuses on taking action Therefore the second part of this book is loaded with practical Sleep Hacks If you have trouble sleeping these are your magic pills No sleeping pills or drugs But practical hacks and strategies that will put you in pole position giving you the best possible shot at relaxing and overcoming lack of sleep And to make it easy for you to commit and take action Part C Recap recaps all the Key Takeaways and Sleep Hacks This is an excellent resource you can always get back to if you want to review what you have learned Here is what I want you to do Read this book Apply the Sleep Hacks And end your insomnia It's that simple ARE YOU READY TO TAKE ACTION ACT NOW Scroll up now and click the buy button to get your copy today The Greek writer Plutarch said it wonderfully when he wrote All men whilst they are awake are in one common world But each of them when he is asleep is in a world of his own Take back control of your life and happiness start learning how you once again can fall asleep fast sleep better and enter your own world having sweet dreams To purchase this book scroll to

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**Let's Talk Sleep** Adam Rush,2017-08-09 Do you want to feel energetic sharp and productive all the time Do you want to look better have better memory and higher sex drive Of course you do Sleep is the solution If you suffer from insomnia or sleep deficiency this book will provide some tips tricks and hacks that can help you fall asleep faster and get better quality sleep This book will teach you The benefits of sleeping Why we sleep The stages of sleep How meditation and mindfulness can help you sleep better How to take advantage of your circadian clock Improving your sleep hygiene How sleep affects your hormones Foods supplements and hacks that can improve your sleep The best apps and products for quality sleep

*222 Ways to Trick Yourself to Sleep* Kim Jones,2019-03-12 Wide ranging backed by science and research informative and easy to understand this is a great book for the sleep deprived Lisa Artis The Sleep Council When was the last time you had a proper night s sleep In today s fast paced non stop world research by the UK s Sleep Council has found that almost a third of us don t get enough sleep most nights Insomnia can wreak havoc on everyday life leaving us feeling exhausted irritable and unwell Lack of sleep has also been linked to a whole host of long term chronic conditions including Type 2 diabetes heart disease stroke high blood pressure obesity and depression But don t despair help is at hand This book is packed with easy to read and simple to follow tips as well as some weird and wonderful tricks all gathered from expert scientific research that will help you fall asleep and stay asleep You may be surprised to learn that everything from having a purpose in life to warming your feet from what you eat through the day to how you breathe from how much time you spend outdoors to reframing your thoughts and mindset can all help you get a better night s rest A good night s sleep can help change your life for the better and this book will help you to achieve it

**Sleep Hacks** Keith Barry,2024-09-19 Harness the power of your mind for better sleep Renowned brain hacker Keith Barry has spent his career mastering the science of hypnosis and sleep aiding countless individuals in overcoming damaging sleep patterns while establishing new beneficial habits Now he wants to help you In this transformative programme Keith unveils his unique approach integrating hypnosis neuroscience and brain hacking techniques to assist anyone who is struggling to attain deep revitalising sleep With this truly life changing book you will not only understand the mechanics of your sleep patterns but will also possess the tools to rewire your brain for a restful and rejuvenating night s sleep

**Insomniac Freak: Sleep Like a Baby and Wake Like a Champion** Marianne Meeder,2018-09-18 This is a life coaching and motivational book about crossing over from insomnia stress sleep deprivation and sleep problems into the land of sweet sleep and being able to sleep like a baby It is based on the premise that sleep is a barometer of emotional health so looking at negative emotions such as anxiety or fear setbacks failures unfulfilled dreams and ambitions can help the reader to find peace with the inner demons that may be keeping them up at night It is written by a business coach who began with the problem and used every intuition to take back their own life and find inner greatness again It is great for anyone looking to achieve life balance make changes in their lives and be empowered to find their destiny

It is a book about making a comeback in every area of life such as health personal relationships business career romance and fitness It looks at the principles of vulnerability synergy and accountability to heal the areas of life out of balance or broken It contains sleep hacks to improve sleep and motivation to make major life changes It has short chapters and is written in more of a journal format **Top 10 Hacks for Good Sleep** Kairos Somnik,2023-03-31 Sleep is one of the most important

activities of our body It is the time when our body regenerates and our brain processes and stores what we have experienced during the day A good night s sleep is therefore crucial for our health and well being However in a hectic world where we are constantly under pressure and faced with a plethora of distractions it is often difficult to get enough sleep and to sleep deeply This little book is designed to help you achieve better sleep We have compiled the top ten hacks that can help you fall asleep faster sleep deeper and wake up refreshed and ready for the day Each of these hacks has been proven and can help improve your sleep quality We will refrain from unhealthy methods such as sleeping pills or crude tips like drinking alcohol before going to bed No endless reading of countless pages In this book we will present these ten hacks briefly without rambling and explain why they work We will give you practical tips and techniques that you can easily integrate into your daily life

Whether you have difficulty falling asleep wake up frequently at night or simply wake up tired and restless this book can help you optimize your sleep We hope that you will consider this book as a valuable resource that will help you get better sleep and feel better Let s now begin to discover the top ten hacks for better sleep 31 Steps to Better Sleep Philip

Vang,2015-01-26 You re About to Discover Great Tips to Sleep Better and Have More Energy In 31 Steps to Better Sleep you will find a lot of great tips and techniques to help you sleep better and have unstoppable energy in the mornings Get ready to find out how to get to sleep faster recharge more and thus get much more done during the waking hours Here Is A Preview Of What You ll Learn When You Get 31 Steps to Better Sleep Today Have a Relaxing Routine Before Sleeping Avoid Stimulating Activities Avoid Looking at Your Clock Have Short or No Naps at All No Heavy Meals 4 Hours Before Sleeping Adjust Your Room s Temperature Adjust Your Room s Lighting Get a Comfortable Mattress Put Down Your Gadgets Get Your Copy Today To order 31 Steps to Better Sleep click the BUY button and get your copy right now Tags Sleep Night Nap

Energy Tips Steps Step by Step 31 Steps Fitness Power Health Recharge Bed Mattress Learn *Good Night, Brain* Greg Lee,Antonia Van Becker,2024-06-26 Concise clear and light hearted Good Night Brain is a comprehensive guide crafted to empower adults struggling with insomnia to conquer their sleep challenges and unlock the restorative power of sleep Dive into a journey of self discovery and transformation with master energetic healers Antonia Van Becker and Greg Lee as you uncover personalized strategies to soothe your restless mind overcome nighttime obstacles and embrace rejuvenating sleep Explore ancient wisdom and modern insights to understand the intricate dynamics of your sleep patterns and uncover the keys to restful slumber tailored to your individual needs With Good Night Brain you have the freedom to adapt and evolve your sleep routine over time ensuring sustained progress as you transform your sleep habits Discover simple yet effective



techniques that seamlessly integrate into your daily life ensuring that achieving restful sleep is both convenient and sustainable By nurturing deep uninterrupted slumber you ll cultivate a sense of inner peace resilience and emotional equilibrium that permeates every aspect of your life Dive into Good Night Brain today and embark on a transformative journey towards restorative sleep and holistic well being Your journey to a revitalized life starts now *Sleep Hacks* Mira Skylark,AI,2025-03-17 Sleep Hacks offers a practical guide to understanding and improving your sleep for better health and well being It explores the science of sleep including circadian rhythms and the sleep cycle to dispel common misconceptions and highlight sleep s crucial role in our lives Did you know that consistent sleep patterns even on weekends can significantly impact sleep quality The book emphasizes that quality sleep is not a luxury but a biological necessity that can be actively cultivated The book progresses logically starting with the fundamentals of sleep science and then moves into actionable strategies It provides evidence based techniques such as optimizing your sleep schedule and creating a sleep conducive environment Practical advice on diet exercise and minimizing technology s impact on sleep is also provided Mindfulness and relaxation techniques are also explored offering tools to manage stress and anxiety that often contribute to insomnia It s packed with easy to implement sleep hacks for readers to incorporate into their daily routines **71 Ways to Get a Better Night's Sleep** T. J. Holmes,2009-10-23 Can you not fall asleep within 10 minutes of going to bed Do you wake up in the middle of the night not able to fall back asleep In this book you will find very easy tips and tricks you can implement immediately to get a full night s rest without any hassle Those hours in bed are important to being energetic the next day start having more energy today **The Sleep Hack Handbook** Noah Slumberfield,2023-07-07 a Comprehensive self help book that dives into sleep science and various disciplines to empower individuals to achieve better sleep and enhance their overall wellbeing From exploring the science behind sleep to uncovering the consequences of poor sleep on physical and mental health this book provides a wealth of knowledge Readers are guided through steps to identify their sleep patterns and needs design a sleep friendly bedroom establish consistent sleep schedules and incorporate mindfulness and relaxation techniques The book also addresses the impact of technology diet exercise and common sleep disorders on sleep quality It offers expert advice on seeking professional help and provides resources for specialized sleep disorders Additionally readers will learn about the benefits of napping techniques to enhance power naps and the effectiveness of sleep tracking devices and sleep aids Coping with jet lag and creating a sleep friendly environment while traveling are also covered Restful Nights is a transformative guide that helps readers reclaim the power of sleep for a life of vitality focus and optimal wellbeing

**Sleeping Hacks** Edward Krets,2019-05-04 Do you want to learn how to stop your middle of the night wake ups Are you ready to get rid of the feeling of irritability or sleepiness during the day because you didn t get enough sleep at night Do you want to know the most effective ways to cure your troubles of falling asleep If the entire world fights to stay awake who will be left to dream our brilliant future Hands down sleep is one of the most nourishing activities the body goes through on a

daily basis The answers to why we dream may still elude us but scientists have already concluded why we sleep This bodily process is the cooldown period we use to consolidate memories rejuvenate our energy levels and rest our minds When this process is disrupted your body is thrown into utter chaos Poor sleep sleep deprivation and insomnia can lead to drastic mood changes trouble concentrating and even introduce numerous health issues This can be prevented by learning how to sleep well and sleep better with less effort In *Sleeping Hacks 20 Methods to Help You Sleep Better at Night* you learn about numerous tips tricks and natural sleep aids that help you sleep soundly straight through the night You will learn Five Stages of Sleep and how Waking up is Just as Important How to Make your Bedroom a Relaxing Place to Sleep What you Should and Shouldn't Wear to Bed Natural Ways to Aid Sleep How Does Your Diet Affect Your Sleep Sleep Destroying Habits and How to Break Them Are you ready to sleep better tonight Press the BUY NOW button and wake up every morning with more energy

Sleep Hacking for Busy Bees: Optimizing Sleep in Short Bursts Ethan West, In our frenetic modern world the quest for efficiency often comes at a steep price We juggle demanding careers personal responsibilities and social obligations all while trying to maintain a semblance of balance Amidst this relentless hustle one crucial aspect of our well being frequently gets shortchanged sleep Have you ever caught yourself wondering How can I get the most out of my sleep in the little time I have If so you're not alone This book delves into the art and science of sleep hacking a practice designed to optimize sleep for those who lead busy lives But before we delve into the nitty gritty let's explore why sleep is non negotiable Sleep is often perceived as a luxury something we can afford to cut back on to squeeze in an extra hour of work or play Yet research consistently underscores that sleep is foundational to our health and well being According to the National Sleep Foundation adults need between 7 to 9 hours of sleep per night for optimal functioning However a staggering one in three adults doesn't meet this requirement leading to a host of physical and mental health issues So why is sleep so important *Sleep Smarter Now* Sonny Vale, 2019-05-28 Do you suffer from lack of sleep irregular sleep or get no sleep at all This is how you're going to revamp your sleeping patterns and seize control of your energy levels once and for all If you're not sleeping properly you're not living properly Understanding how to get the best night's sleep possible is instrumental to your health and to your success in life You deserve to wake up every morning feeling energized motivated and ready to face the challenges of the new day In *Effective Guide on How to Sleep Well Everyday* I break down the importance of sleep and how dysfunctional yours has become because of today's modern day lifestyle It's time to solve those nightly sleep disturbances so that you can be the best version of yourself during the day In this guide you'll find out How much sleep you actually should be getting What kind of sleeper you are and how it impacts your day How to fine tune your personal sleeping schedule What to do when you can't sleep and desperately need to How to create the ideal bedroom environment for sleep Sleep misconceptions and dealing with common sleep disorders This book is jam packed with useful advice tips and techniques that are all centered on better quality sleep If that's what you're looking for then this is the book for you Enjoy a dreamless comfortable

uninterrupted night's sleep when you get this guide Tomorrow will be brighter clearer and more focused than ever Learn how to get the best sleep possible with this guide Get it now and get some rest This Book Covers Sleep Smarter Now sleep smarter sleep hacker sleep meditation sleep meditation sleep hypnosis sleep affirmations

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