

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.

Sleep Hacks Best Store Hours

**Frank Charles Smith, Lucien Brock
Proctor**

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Sleep Your Way to Success (How to Sleep Better v2) Leon E. Lewis, 2024-02-25 **Sleep Your Way to Success** is your ultimate guide to achieving the deep rejuvenating sleep you deserve. Packed with practical tips and proven techniques this book will transform your bedtime routine and ensure you wake up feeling refreshed and ready to conquer the day. From creating a tranquil sleep environment to mastering relaxation techniques each chapter is filled with actionable advice to help you sleep soundly every night. Say goodbye to sleepless nights and hello to a well rested, energised you. Reclaim your nights for ultimate relaxation and rejuvenation. Feedback for *Sleep Your Way to Success* How to Sleep Better 1st Edition This book is amazing. It's written in layman's terms and is quick and easy to read. I have now passed it onto family members all of whom are impressed by the simple techniques. *Sleep Your Way to Success* dives right in, is well researched and very practical. I've read several books on insomnia and this one curates the research so you can integrate it into your life. I would highly recommend *Sleep Your Way to Success* to anyone who has trouble sleeping.

Win Every Day with a High-Performance Mindset: The Habits and Routines of Top Achievers

Silas Mary, 2025-02-08 Want to dominate every day and achieve your goals like a top performer? *Win Every Day with a High Performance Mindset* is your ultimate guide to building the habits, routines, and mindset of the world's most successful achievers. This book is packed with the strategies and secrets that top performers use to stay on track, overcome obstacles, and reach their peak potential no matter what challenges come their way. Inside, you'll discover how to cultivate a mindset that's laser focused, resilient, and ready to conquer anything. From the morning routines that set high achievers up for success to the productivity hacks that help you stay on top of your game, this book breaks down the exact steps you can take to elevate your performance each day. You'll learn how to develop unshakable discipline, how to stay motivated even when things get tough, and how to set goals that push you to become the best version of yourself. With actionable tips on time management, energy optimization, and building a winning routine, you'll have the tools you need to perform at your highest level. If you're ready to unlock your full potential and turn every day into a victory, *Win Every Day with a High Performance Mindset* is the playbook that will help you get there. Let's turn your dreams into consistent wins one day at a time.

The Connection Between Health and Wealth Creation: How Physical Well-Being Fuels Success Silas Mary, 2025-02-15 **Book Description** Your greatest asset isn't just your bank account; it's your health. In *The Connection Between Health and Wealth Creation* How Physical Well-Being Fuels Success, you'll discover how optimizing your body and mind can supercharge productivity, enhance decision making, and unlock financial success. Entrepreneurs, leaders, and high achievers know that sustained success starts with peak performance. This book provides a step-by-step guide to boost energy and focus through proper nutrition, exercise, and rest. Reduce stress and avoid burnout while maintaining peak productivity. Develop mental clarity and resilience to make better financial decisions. Harness the power of daily habits that fuel long-term success. Achieve balance between health, wealth, and overall fulfillment. Packed with science-backed strategies

real world success stories and actionable steps this book reveals how prioritizing health directly impacts wealth creation and business success Your body is your most valuable investment Learn how to optimize your health for financial success today

An Audience of One Srinivas Rao, 2018-08-07 The creator of the Unmistakable Creative podcast makes a counterintuitive argument By focusing your creative work on pleasing yourself you can increase your productivity happiness and eventually paradoxically the size of your audience Creating for your own pleasure whether you're writing a novel composing songs or painting a landscape can seem pointless It's tempting to focus on pursuing money and fame rather than the process itself But as Srinivas Rao warns creating then turns into a chore that can harm your self esteem and suck the pleasure out of life rather than being a source of joy Rao host of the podcast The Unmistakable Creative argues that we should counter this thinking by intentionally creating art for ourselves alone an audience of one In this book he shares the fascinating true stories of creatives who took this path along with actionable tips and the research of creativity experts You'll learn for example How Oprah's intentional focus on her own work rather than the opinions of everyone else catapulted her into one of the most popular talk shows of all time How being process driven can not only help you produce more work but can make you happier outside of your creative time How to put together a creative team of rivals whose feedback can help you hone your craft and filter out useless feedback By playing to an audience of one we can find more happiness increased productivity and a greater sense of community

The Brain Mechanic Peter Hollins, 2022-10-11 Sorry you can't actually train your brain But you can force it to adapt grow and perform to its full potential The brain is the seat of our consciousness identity and higher thoughts But it is also a flesh and blood machine that can wear down grow tired and malfunction Learn how to prevent this and be your best Become quicker sharper smarter more observant THE BRAIN MECHANIC is a guide to how to revitalize polish and fix up your brain The truth is you're probably underperforming mentally It's not personal it's just how you're wired This book provides a series of steps and plans for you to get on track to your best thinking days Drawing from the most recent up to date research on brain health Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author He has worked with a multitude of individuals to unlock their potential and path towards success His writing draws on his academic coaching and research experience Understand the everyday forces that fundamentally change your brain The deep connection and surprising between the body and the mind Everyday actions and habits to increase focus discipline and critical thinking The emotional power of social bonds and ties and how they empower us Why we need breaks and what we should actually do for a mental rest Neuroplasticity the real brain training and how to do it daily The vagus nerve and how it makes or breaks your sense of calm Fine tune your thinking Be your brain's mechanic

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