

1.



MAINTAIN A  
CONSISTENT  
**DAILY**  
SCHEDULE

2.



**REDUCE**  
YOUR DAILY  
CAFFEINE  
**INTAKE**

3.



**TURN OFF THE  
COMPUTER OR  
TELEVISION**

4.



DONT GO TO  
BED ON A  
**FULL**  
STOMACH

5.



DONT GO TO  
BED ON AN  
**EMPTY**  
STOMACH

6.



**ENGAGE IN  
REGULAR  
EXERCISE**



7.

**LIMIT BEVERAGE  
CONSUMPTION  
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**



# Sleep Hacks Deal

**Samuel Dunkell**

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.

## **Sleep Hacks Deal:**

Mom Hacks Darria Long Gillespie, 2019-02-19 100 self care hacks for any mom to eat right move more stress less and get a good night's sleep by a doctor who is also a mom Why is it generally accepted that motherhood comes at the expense of our health with all that weight gain fatigue and exhaustion It doesn't have to be that way What if your baby AND you could thrive together We cure diseases We create artificial ears using 3 D printers We solved how to pee in space We can figure this out and now Dr Darria has done just that An Ivy league trained physician and mom of two Dr Darria combed the latest in medicine psychology and holistic health for answers when her own health crises struck She now brings those solutions to moms everywhere For moms who just DontHaveTheTime or energy Mom Hacks gives you the specific smallest changes that yield the biggest impact for you and your child Every hack is a mini super charged solution with an immediate impact So you feel good lose the baby weight and are more present while raising thriving children in an entirely do able time saving with you in the trenches way Her humor and personal stories bring warmth and encouragement when mothers need it most You can be the mother and woman you want to be and with Mom Hacks you don't have to listen to anyone who tells you otherwise It's time for a new mom world order

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