

# SLEEP HACKS FOR BETTER HEALTH



## ROUTINE

Choose a regular time of the day/night when you go to bed and wake up each day.



## KEEP YOUR ROOM DARK

Sleeping in a dark room reduces the stimulation of light telling your body to be active.



## EXERCISE

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



## KEEP YOUR ROOM COOL

Colder rooms help you fall asleep faster and maintain a deeper sleep.



## REDUCE SCREEN TIME

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.



## CAFFEINE INTAKE

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.

# Fall Boots Sleep Hacks This Month

**Scott C. Dulebohn**

## Fall Boots Sleep Hacks This Month:

**Boot and Shoe Recorder** ,1908    **Scribner's Monthly, an Illustrated Magazine for the People** ,1923  
**Outdoor Life** ,1906    *Farmer's Advocate and Home Journal* ,1910    **Printing Art, an Illustrated Monthly Magazine** ,1930    **The Illustrated sporting & dramatic news** ,1878    **New Bohemian** ,1895    **The American Legion monthly** ,1947    **Harper's New Monthly Magazine** ,1895    **Backpacker** ,2006    *Demorest's Monthly Magazine* ,1874    *Forest and Stream* ,1914    *The Man Who Hacked the World* Alex Cody Foster,2022-11-15 BASED ON ACCOUNTS FEATURED IN THE 1 NETFLIX DOCUMENTARY FILM RUNNING WITH THE DEVIL A 2023 Next Generation Indie Book Award Finalist for Best True Crime John McAfee internet pioneer presidential candidate and probable madman After parting ways with the eponymous McAfee Antivirus software company in 1994 McAfee embarked on innumerable business political and criminal enterprises From investing in cybersecurity and cryptocurrency to accusations of murdering his neighbor in Belize to making two unsuccessful bids for President of the United States the latter attempt done in exile following a federal indictment this larger than life man nurtured a rakish public profile while evading law enforcement for his involvement with drugs weapons and murder For six months Alex Cody Foster hired as McAfee's ghostwriter traveled with McAfee across America and Europe occasionally going on the run to evade purported killers and kidnappers Foster tells the incomparable tale of how the two of them met where their adventures had taken them and what precipitated McAfee's death

**The Christian Union** Henry Ward Beecher,1893    [The Coast](#) ,1902    [Drainage Journal](#) ,1895    **The Sporting magazine; or Monthly calendar of the transactions of the turf, the chace, and every other diversion interesting to the man of pleasure and enterprize ,**    *Virginia Medical Monthly (1918- ).* ,1952-07    [Ladies' Home Journal and Practical Housekeeper](#) ,1887    **The American Angler** William Charles Harris,1885

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