

# Ultimate Sleep Hacks



Put your phone down 2 hrs before bed. You'll thank us tomorrow, we promise.

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Bust out the aromatherapy. And breathe in and out the zen vibes.

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Use a weighted blanket. It's like getting tucked in with a giant hug.

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Sleeping masks are equal parts fashionable and functionable.

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Try a white noise machine or sleep meditation to knock out in an instant.

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Turn the TV off. That next episode will be just as good in the morning.

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Get in the nighttime flow with some restorative yoga.

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Save the intense workouts for earlier in the day. That adrenaline rush won't help you sleep.

# Sleep Hacks Best Returns

**Dave Asprey**

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 Best Returns:

*The Bulletproof Diet* Dave Asprey, 2014-12-02 In his midtwenties Dave Asprey was a successful Silicon Valley multimillionaire He also weighed 300 pounds despite the fact that he was doing what doctors recommended eating 1 800 calories a day and working out 90 minutes a day six times a week When his excess fat started causing brain fog and food cravings sapped his energy and willpower Asprey turned to the same hacking techniques that made his fortune to hack his own biology investing more than 300 000 and 15 years to uncover what was hindering his energy performance appearance and happiness From private brain EEG facilities to remote monasteries in Tibet through radioactive brain scans blood chemistry work nervous system testing and more he explored traditional and alternative technologies to reach his physical and mental prime The result *The Bulletproof Diet* an anti inflammatory program for hunger free rapid weight loss and peak performance *The Bulletproof Diet* will challenge and change the way you think about weight loss and wellness You will skip breakfast stop counting calories eat high levels of healthy saturated fat work out and sleep less and add smart supplements In doing so you ll gain energy build lean muscle and watch the pounds melt off By ditching traditional diet thinking Asprey went from being overweight and sick in his twenties to maintaining a 100 pound weight loss increasing his IQ and feeling better than ever in his forties *The Bulletproof Diet* is your blueprint to a better life     *The Biology of Greatness* Daniel Bissonnette, *The BIOLOGY of GREATNESS* is a one of a kind blueprint to upgrading your health optimizing your brain power so that you can achieve your wildest dreams You ll receive Over 17 chapters that will teach you Top athletes 1 hack 30 life changing recipes Get the best night s sleep even when traveling Eliminate stress brain fog jetlag Build an indestructible immune system Top 20 genius deactivators And much more Over 30 delicious recipes that will upgrade your brain power including genius cakes ice creams pies smoothies salads soups much more Every recipe in this book is gluten free refined sugar free optimized to upgrade your biology     *The Return of Louis XVIII* Gilbert Stenger, 1909     **Return to Dust** Alice Lent Covert, 1939     *House documents* , 1889     **The Atlantic to the Pacific. What to See and how to See it ... With Map and Illustrations** John Erastus Lester, 1873     **The Atlantic to the Pacific** John Erastus Lester, 1873     **Return of the Peregrine** Tom J. Cade, William A. Burnham, Pat Burnham, 2003 The book is intended for a non scientific audience but does contain previously unpublished information tables and graphs plus an extensive literature cited section and a bibliography for Eastern and Midwestern Peregrine restoration publications from 1971 2000     **The Trail** , 1911

**Executive Orders Relating to the Panama Canal Annotated 1921** United States Panama Canal, 1921     **Country Guide and Nor'west Farmer** , 1926     **Book Notes Illustrated** , 1925     *The World's Work* , 1927     *British Medical Journal* , 1884     *Live Stock in health and disease, ed. by J. Prince-Sheldon. Special ed. 5 sect* Live stock, 1902     **Canadian horticulture and home magazine** , 1919     **T.P.'s Weekly** , 1905     **Pioneer Tales of Eureka Springs and Carroll County** Cora Pinkley Call, 1930     **Church Helper** , 1897     *Country Life in America* , 1902

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