

5 Simple Tips To Sleep Better



Breathe deeply.
Inhale for 3-5 seconds,
hold, exhale for
3-5 seconds.



Go to sleep no later
than 10:30pm to
keep your natural
circadian rhythm.



Slow your pulse.
You can improve this
by eating healthy
potassium-rich foods.



Sleep on your right
side to open up
the heart.



Use Dr. Berg's Neck
and Back Massager
to relieve certain
acupressure points
in your neck and
adrenals and
pull out stress.



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Bernice Tuffery

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name Bernice Tuffery.

Sleep Hacks Tips Customer Service:

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 **101 Brain Hacks to Support Memory and Reduce Dementia Risk** Valencia Santos,2025-12-27 Do small memory lapses make you worry about yourself or someone you love This book offers realistic step by step strategies drawn from movement nutrition sleep emotional regulation social connection environment design and preventive awareness structured into 10 chapters and 101 accessible brain hacks built for everyday life These practices don t require expensive therapies intense routines or medical expertise Instead they encourage supportive habits that fit into real schedules caregiving responsibilities and fluctuating energy levels Maybe you ve tried routines before and felt overwhelmed Maybe you worry it s too late to make a difference Many caregivers feel skeptical after hearing conflicting advice This book offers an encouraging middle ground practical tools gentle routines and emotional guidance that can be adapted to your circumstances You choose where to begin one small step at a time Open these pages to begin a compassionate realistic approach to brain healthy living *The First Time Dad's Survival Guide* David West,2025-04-15 The First Time Dad s Survival Guide If you re a first time dad you re probably feeling a mix of excitement nervousness and maybe even a little bit of panic Don t worry you re not alone The First Time Dad s Survival Guide is here to help you navigate the rollercoaster of fatherhood with practical tips real world advice and a good dose of humor Inside you ll find everything you need to prepare for the arrival of your little one and everything you didn t know you d need like how to survive sleepless nights support your partner through labor and keep your relationship strong through it all From diapering disasters to toddler tantrums this guide will help you handle the chaos with a steady hand and a smile Packed with Real world advice for each stage of the journey from pregnancy to the first few years of parenthood Practical tips and hacks for surviving sleepless nights managing stress and keeping your cool Humorous honest insights that show you re not alone in feeling overwhelmed and that it s okay to laugh through the chaos Fatherhood isn t easy but it s worth every minute This book will prepare you for the unexpected help you grow into the best dad you can be and remind you that you ve got this one day at a time Sleep Easy Bernice Tuffery,2021-02-15 Say goodbye to lousy sleep with this six week step by step programme to help you kick insomnia to the curb forever Bad sleep sucks Sleep deficiency defies our biology and sabotages our days Yet more than a third of us struggle to get to sleep or stay asleep at night We can shake off the odd sleepless night but when sleep difficulties persist things start to unravel Sleep debt takes its toll on our mood energy

and productivity It affects our behaviour around food and exercise as well as eroding our immunity even our mental and physical health As our best efforts to help ourselves fail or perpetuate the problem we can feel disillusioned disempowered and frustratingly stuck You re not alone and there is a way through This six week step by step guide will help you sleep easy Bernice Tuffery fed up after years of compromised sleep made it her mission to learn how to sleep well again She d tried early nights warm baths a bit of yoga and meditation but nothing worked Even natural supplements over the counter sleep aids melatonin and at times sleeping pills failed to deliver a sustainable solution As a qualitative market researcher she was determined to know how to sleep naturally again She discovered a proven natural and very learnable way to improve chronic sleep difficulties Cognitive Behavioural Therapy for insomnia CBTi is recognised internationally by sleep experts as the gold standard treatment for insomnia But with a lack of awareness a severe shortage of experts offering it and virtually no public funding for treatment in New Zealand and Australia it s hard and expensive to access From her discussions with sleep professionals extensive research and her lived experience of restoring her own sleep Bernice shares her knowledge with humour and heart Confident that CBTi can be self taught she offers this practical and inspiring insiders guide to getting a good night s sleep

The Lazy Girl's Guide to Life Jennifer Byrne,2017-09-05 This collection of humorous life hacks features 100 easy low commitment solutions to the everyday problems of the twenty something woman Do you have a lot to do but can t seem to bring yourself to do it The Lazy Girl s Guide to Life can teach you how to get things done with as little effort as possible Learn to simplify your beauty routine keep up with your friendships hack the dating game and get by in the corporate world with these easy low commitment suggestions You ll find over 100 solutions to your most common problems including Smoothing out frosting on store bought cupcakes so they look homemade Hiding dirty dishes in a soapy sink before company arrives Washing and styling bangs only to avoid the limp hair look Faking it as a food blogger to snag a dinner reservation Reading the plot summary online before a book club meeting With lazy girl approved hacks that range from humorous advice to quick fixes you ll be able to find a temporary solution to simplify your life in no time

Sleeping Cheats, Hacks, Hints, Tips, And Tricks Guide Trevor Clinger,2024-10-06 Struggling to catch some Z s Sleeping Cheats Hacks Hints Tips and Tricks Guide is your ultimate companion for achieving restful rejuvenating sleep This practical guide combines science backed insights with easy to implement strategies to help you overcome insomnia enhance your bedtime routine and create the perfect sleep environment From relaxation techniques to lifestyle adjustments discover a treasure trove of hacks designed to improve your sleep quality and wake up feeling refreshed Whether you re a restless night owl or a busy professional this book offers the tools you need to transform your sleep and reclaim your energy Say goodbye to sleepless nights and hello to sweet dreams

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