

# 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 Today

**Michael Brown**

## Fall Boots Sleep Hacks Today:

**Ashwathy and the Boot of God** Sowmya Rajendran,2015-03-15 Fourteen year old Ashwathy heads the FBI branch of Kuttipuram Kerala Of course there is no such thing as the FBI branch of Kuttipuram Kerala but Ashwathy Venugopalan always believes in the impossible life is more entertaining that way And things only get more impossible in Ashwathy s life when God arrives in a boot and requests her to investigate the murder of a woman in her town Can Ashwathy the atheist crack her first case with God by her side    **Union Boot and Shoe Worker** ,1906    The Union Boot and Shoe Worker ,1906    **Boot and Shoe Recorder** ,1894    One Thousand Poems for Children Roger Ingpen,1903    *One thousand poems for children, ed. by R. Ingpen* One thousand poems,1903    **Big Book of Apple Hacks** Chris Seibold,2008-04-17 Bigger in size longer in length broader in scope and even more useful than our original Mac OS X Hacks the new Big Book of Apple Hacks offers a grab bag of tips tricks and hacks to get the most out of Mac OS X Leopard as well as the new line of iPods iPhone and Apple TV With 125 entirely new hacks presented in step by step fashion this practical book is for serious Apple computer and gadget users who really want to take control of these systems Many of the hacks take you under the hood and show you how to tweak system preferences alter or add keyboard shortcuts mount drives and devices and generally do things with your operating system and gadgets that Apple doesn t expect you to do The Big Book of Apple Hacks gives you Hacks for both Mac OS X Leopard and Tiger their related applications and the hardware they run on or connect to Expanded tutorials and lots of background material including informative sidebars Quick Hacks for tweaking system and gadget settings in minutes Full blown hacks for adjusting Mac OS X applications such as Mail Safari iCal Front Row or the iLife suite Plenty of hacks and tips for the Mac mini the MacBook laptops and new Intel desktops Tricks for running Windows on the Mac under emulation in Parallels or as a standalone OS with Bootcamp The Big Book of Apple Hacks is not only perfect for Mac fans and power users but also for recent and aspiring switchers new to the Apple experience Hacks are arranged by topic for quick and easy lookup and each one stands on its own so you can jump around and tweak whatever system or gadget strikes your fancy Pick up this book and take control of Mac OS X and your favorite Apple gadget today    The Rural New-Yorker ,1901    **Professional Movie Tricks for Amateurs** Tamar Lane,1928    The Saturday Review of Politics, Literature, Science and Art ,1890    **Current Opinion** Edward Jewitt Wheeler,Frank Crane,1921    Saturday Review ,1890    **Night Launch** Jake Garn,Stephen Paul Cohen,1989 In the early 1990s an international crew is going up in the American shuttle On day four in space the crew is taken hostage by a terrorist    Paul Kelver Jerome Klapka Jerome,1902    Paul Kelver Jerome K. Jerome,1902    The Harvard Advocate ,1914    New-York Mirror ,1832    The Coast ,1902    **The Yale Courant** ,1886    The Saturday Review of Politics, Literature, Science, Art, and Finance ,1890

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