

Ultimate Sleep Hacks



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



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



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



Sleeping masks are equal parts fashionable and functionable.



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



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



Get in the nighttime flow with some restorative yoga.



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

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Hack Your Hormones Davinia Taylor, 2023-05-25 THE INSTANT NUMBER ONE SUNDAY TIMES BESTSELLER A wonderful book Dr Chris van Tulleken Sunday Times bestselling author of Ultra Processed People Sleep better thanks to cherries Fix your brain fog with good fats Improve your metabolism with brazil nuts When we talk about hormones we so often think of them as a women s issue But our hormones regulate everything from our sleep to the way we eat our stress response and our moods In Hack Your Hormones Davinia Taylor entrepreneur and biohacking pioneer breaks down how best to optimise all of our hormones Davinia gives symptom led advice backed up with the expertise of a doctor on how lifestyle hacks and supplements can balance our cortisol adrenaline dopamine and more even Vitamin D yep it s a hormone And the answers might be as close as your kitchen cupboards This groundbreaking new book is full of simple accessible hacks that will make you feel not just better but amazing Let s get our hormones into the optimum place they can be Because if I can feel better then anyone can This is proper real empowerment not tampon ad empowerment This is your body nobody can look after it like you can Davinia Non Fiction Paperback bestseller The Sunday Times nine consecutive weeks from 4th June 2023

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Sleep Hacker Transcend Your Limits,2022-02-21 Your sleep is broken The chances are you re NOT sleeping as well as you could In fact MOST of us just aren t sleeping as well as we could be and this is showing up in various forms People are feeling too tired to work depressed and weak throughout the day And this is usually one or two things that you re doing WRONG that are stopping your body entering the deep sleep stage it needs to restore and recover Over the last few years I ve collected several highly effective sleep hacks and tricks that you could use to sleep BETTER These things work and they work fast SLEEP BETTER We ve collected dozens of tips bits of information and methods or techniques for improving your sleep and going to sleep faster FEEL BETTER If you practice these techniques you ll fall asleep better and feel much better in the morning Lots of people complain of not getting enough sleep or not sleeping well enough so we ve collected the tips that can help you SLEEP FASTER Another common concern is people can t seem to fall asleep FAST enough so we ve collected some information on how to fall asleep faster and with less effort as well Overcome your bad sleep habits and finally feel good when you wake up in the morning We ve spent months collecting the best and most effective tips and tricks for sleeping better so you can enjoy your life more Scroll up or down and order your copy now and get started improving your sleep SLEEP IS IMPORTANT It s been shown that if you get better quality sleep everything else becomes easier You ll have more energy You won t need naps during the day You ll recover from exercise faster Your immune system will be boosted You ll be less likely to get or stay depressed You ll be more creative There are LITERALLY thousands of benefits of getting better sleep So I ve created the ultimate guide Sleep Hacker Sleep Hacker contains over 50 powerful sleep hacks that you can use to improve your sleep and feel better These things have been tried and tested by many people and work fast for almost everyone What you ll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don t get enough How your mattress position and settings really make a big difference to how well your body is able to sleep It s not what you expect How raising your bed a few inches at the headboard end can supercharge digestion and immune regeneration and impact your dreams How to wake up at ANY TIME every morning WITHOUT an alarm clock and WITHOUT feeling tired This is so useful and you ll be able to DECIDE how to live your mornings now How to reset your natural body clock in one simple process It s a challenge but it WORKS A natural and effective way to stop snoring so you can experience less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your sleep time This is another thing most people get wrong Finally the ACTUAL best sleep posture explained and why most people get this WRONG A strange type of soundwave audio that you can listen to that will practically sedate and soothe you to sleep in less than 9 minutes Over 50 unusual strange sleep tips

explained in great detail I don't want to give away too much here *Windows Magazine* ,1998 *Suzy Gershman's Born to Shop Paris* Suzy Gershman,2004-11-19 Gershman's guide may be the best guide for novice and pro shoppers alike praises The Washington Post and you'll agree For more than ten years Suzy Gershman has been leading savvy shoppers to the world's best finds Now Born to Shop Paris is easier to use and packed with more up to date listings than ever before Inside you'll find The best of the shopping scene from tony designer boutiques to funky flea markets What's new and hot from the revitalization of the Left Bank to the trendiest young designers Excellent values from bath and body to home style Great gift ideas even for the friend who has everything plus the best gifts for less than 10 The best airfare hotel and dining values so you can maximize your shopping dollars Tips on customs shipping and tax laws **Poor Leo's 2002 Computer Almanac** Leo Laporte,2001 Provides essays and daily tips on Windows Macs AOL the Web viruses computer maintenance buying privacy and terminology *Popular Science* ,2008 **American Journal of Respiratory and Critical Care Medicine** ,2009 Computer Buyer's Guide and Handbook ,2001 **Farmer's Weekly** ,1920 **The Magazine of Fantasy & Science Fiction** ,2008-10 **eBay Top 100 Simplified Tips & Tricks** Julia Wilkinson,2005-04-01 Providing adventurous users with 100 useful and surprising techniques this book is the ideal resource to help readers become even more profitable users of eBay the world's largest online marketplace Organized into ten chapters with ten tasks per chapter this book provides the timesaving tips cool secrets and insider tricks to help take readers knowledge of eBay beyond the basics Readers discover how to take better pictures to help sell items write stellar marketing copy to get those items sold faster and decrease questions from bidders and find out the best time to start and end an auction to guarantee success **Brandweek** ,2005-04 The Rough Guide to eBay Ian Peel,2006 The Rough Guide to eBay will transform you into a master trader at the world's biggest marketplace Whether you're new to online auctions or you're angling to become a PowerSeller you'll find all the expert advice you need Buying Top bidding tactics to help you bag the best bargains including sniping tools and more Selling From getting the highest price from individual auctions to setting up a store Payments Get the most from PayPal the currency of eBay Security The low down on scams rules payments insurance and legal issues The Story The history legends and subsidiaries of the world's greatest website There's far more to eBay than meets the eye The Rough Guide to eBay reveals all Book jacket **Harley Hahn's Internet & Web Yellow Pages** ,1998 **TechTV's Technology Survival Guide** Lorna Gentry,2001 Technology gurus at Tech TV tell what's now and what's next in computer technologies and how to navigate the digital lifestyle Entertaining and insightful information on general computer facts trends technical processes and recent developments are presented in this useful desk reference **Online Access** ,1996 **Body and Soul** ,2008-07
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