

Ultimate Sleep Hacks



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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.



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



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

Sleep Hacks How To Install

Rael Dornfest, James Duncan Davidson

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