

1.



MAINTAIN A
CONSISTENT
DAILY
SCHEDULE

3.



DONT GO TO
BED ON AN
EMPTY
STOMACH

2.



REDUCE
YOUR DAILY
CAFFEINE
INTAKE

4.



DONT GO TO
BED ON A
FULL
STOMACH

5.



6.



ENGAGE IN
REGULAR
EXERCISE



7.

LIMIT BEVERAGE
CONSUMPTION
BEFORE
BED



8.



KEEP YOUR
BEDROOM
DARK &
QUIET

9.



**INVEST IN A
COMFORTABLE
MATRESS, PILLOW &
BEDDING**

10. GO TO SLEEP
AND WAKE
UP USING
YOUR
INTERNAL
ALARM CLOCK



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St. Thomas's Hospital (London, England)

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Mom Hacks Darria Long Gillespie, 2019-02-19 100 self care hacks for any mom to eat right move more stress less and get a good night s sleep by a doctor who is also a mom Why is it generally accepted that motherhood comes at the expense of our health with all that weight gain fatigue and exhaustion It doesn t have to be that way What if your baby AND you could thrive together We cure diseases We create artificial ears using 3 D printers We solved how to pee in space We can figure this out and now Dr Darria has done just that An Ivy league trained physician and mom of two Dr Darria combed the latest in medicine psychology and holistic health for answers when her own health crises struck She now brings those solutions to moms everywhere For moms who just DontHaveTheTime or energy Mom Hacks gives you the specific smallest changes that yield the biggest impact for you and your child Every hack is a mini super charged solution with an immediate impact So you feel good lose the baby weight and are more present while raising thriving children in an entirely do able time saving with you in the trenches way Her humor and personal stories bring warmth and encouragement when mothers need it most You can be the mother and woman you want to be and with Mom Hacks you don t have to listen to anyone who tells you otherwise It s time for a new mom world order

18 Wellbeing Hacks for Students Aidan Harvey-Craig, 2020-08-21 How can the desk in front of you reveal a whole new perspective on your life What s so important about refusing to board the catastrophe train Why does the anti rotting agent given off by plants make you feel great Through 18 short chapters Aidan Harvey Craig scours every corner of psychology from neuroscience to psychodynamics to uncover the unexpected secrets of hacking your wellbeing Based on the latest research each chapter takes you on a journey of surprises guiding you through an abundance of deceptively simple ideas which will help you to see your world in a new light and improve your wellbeing Organised into three sections Notice Energise and Connect each hack addresses issues that affect us all including our sleep relationships stress identity and our dependence on smartphones Intertwining the latest insights in psychology with practical and easy to use advice this book offers new ways to empower yourself and tackle the challenges of growing up and studying in the 21st Century

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Sleep Marie de Manacéine, 1897

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