

# 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 functional.



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.

# Sleep Hacks Buy Online

**Roman Wölfel**

## **Sleep Hacks Buy Online:**

**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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