

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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LL Leslie

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Flashpoint Frank Creed, 2007. Flashpoint is Biblical Cyberpunk set in the year 2036 and is the story of an alternative future where patriotism meets tyranny. The Patriot Act waxes Stalin-esque, and the violence of terrorism has united the world. 2036 is the time of a central one-world government. The One State Fundamentalists are the One State's only threat. This group includes Bible-believing Christians. When peacekeepers make a home church bust in Ward Six of the Chicago Metroplex, only Dave and Jen Williams evade capture. The siblings turn to the Body of Christ Underground for help, adopt street names Calamity Kid and e-girl, and slip between the cracks of the Chicago Metroplex. Calamity Kid and e-girl undergo technological reformation that provides them with skills, knowledge, and other abilities that allow them meet the gravest challenges facing

fundamentalist christians and ultimately help them save their family friends and neighbours before they re brainwashed enslaved or worse by the One State Neros

Insomnia: 84 Sleep Hacks to Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills Peter Cook, 2017-03-08

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