

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.

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Sleep Your Way to Success (How to Sleep Better v2) Leon E. Lewis, 2024-02-25 Sleep Your Way to Success is your ultimate guide to achieving the deep rejuvenating sleep you deserve. Packed with practical tips and proven techniques this book will transform your bedtime routine and ensure you wake up feeling refreshed and ready to conquer the day. From creating a tranquil sleep environment to mastering relaxation techniques each chapter is filled with actionable advice to help you sleep soundly every night. Say goodbye to sleepless nights and hello to a well rested, energized you. Reclaim your nights for ultimate relaxation and rejuvenation.

Feedback for Sleep Your Way to Success How to Sleep Better 1st Edition This book is amazing. It's written in layman's terms and is quick and easy to read. I have now passed it onto family members all of whom are impressed by the simple techniques. Sleep Your Way to Success dives right in, is well researched and very practical. I've read several books on insomnia and this one curates the research so you can integrate it into your life. I would highly recommend Sleep Your Way to Success to anyone who has trouble sleeping.

Mac Hacks Chris Seibold, 2013-03-15 OS X Mountain Lion is an incredibly powerful but if you're a serious Mac user who really wants to take control of this operating system this book helps you dig below the surface. Many of the hacks in this impressive collection show you how to tweak system preferences, mount drives and devices and generally do things with your system that Apple doesn't expect you to do.

You'll learn how to deal with Mountain Lion's quirks, get the most out of its related applications and perform a few tricks with Unix. Customize Mountain Lion to suit your needs. Work with OS X's new features. Boost productivity and improve security. Hack the hardware OS X runs on and connects to. Apply networking and multimedia hacks. Learn how to run Windows on your Mac.

Big Book of Windows Hacks Preston Gralla, 2007 This useful book gives Windows power users everything they need to get the most out of their operating system, its related applications and its hardware.

Boundless Ben Greenfield, 2020-01-21 What if the ability to look, feel and perform at peak capacity wasn't the stuff of lore but instead was within easy reach? In a perfect world you would be able to have it all: complete optimization of mind, body and spirit. In *Boundless*, the New York Times bestselling author of *Beyond Training* and health and fitness leader Ben Greenfield offers a first-of-its-kind blueprint for total human optimization. To catapult you down the path of maximizing cognition, mental clarity and IQ, you will discover: How to rewire your skull's supercomputer and nine ways to fix your neurotransmitters. The twelve best ways to heal a leaky brain. Eight proven methods to banish stress and kiss high cortisol goodbye. Ten foods that break your brain and how to eat yourself smart. How to safely utilize nootropics and smart drugs along with eight of the best brain-boosting supplement stacks and psychedelics. The top nutrient for brain health that you probably aren't getting enough of. Six ways to upgrade your brain using biohacking gear, games and tools. How to exercise the cells of your nervous system using technology and modern science. Easy ways to train your brain for power, speed and longevity. The ultimate guide to optimizing your sleep, maximizing mental recovery and stopping jet lag. To ensure that you look good, naked and live a long time, you will

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The Brain-Friendly Workplace

Friederike Fabritius, 2022-10-11 WALL STREET JOURNAL BESTSELLER A smart science based approach to retaining your talent and making the world of work a better place Today's work isn't working Stress and burnout are driving talented professionals out of the workforce while the corporate standard of extreme hours sleep deprivation and nonstop travel proves unsustainable But innovative leaders are using this once in a century opportunity to create a future of work that's better for everyone The workplace of tomorrow is a hybrid ecosystem that thrives on flexibility and diversity of thought enabling all employees to reach peak performance Every person's brain is different and by taking an inclusive view towards neurosignature diversity organizations can get a competitive advantage In *The Brain Friendly Workplace* Friederike Fabritius offers a science based and field tested blueprint for tomorrow's workplace Leaders capable of enacting change or individuals searching for ways to work smarter will discover that even small and inexpensive changes can lead to advantages like better employee performance higher job satisfaction and stronger talent retention If you have been longing for a better way of working where you and your people are both happy and productive *The Brain Friendly Workplace* can make that vision a reality

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developers how to create and code the very best interactive games **Big Book of Apple Hacks** Chris Seibold,2008 The Big Book of Apple Hacks offers a grab bag of tips tricks and hacks to get the most out of Mac OS X Leopard as well as the new line of iPods iPhone and Apple TV With 125 entirely new hacks presented in step by step fashion this practical book is for serious Apple computer and gadget users who really want to take control of these systems Many of the hacks take you under the hood and show you how to tweak system preferences alter or add keyboard shortcuts mount drives and devices and generally do things with your operating system and gadgets that Apple doesn t expect you to do Publisher *The Biology of Greatness* Daniel Bissonnette, The BIOLOGY of GREATNESS is a one of a kind blueprint to upgrading your health optimizing your brain power so that you can achieve your wildest dreams You ll receive Over 17 chapters that will teach you Top athletes 1 hack 30 life changing recipes Get the best night s sleep even when traveling Eliminate stress brain fog jetlag Build an indestructible immune system Top 20 genius deactivators And much more Over 30 delicious recipes that will upgrade your brain power including genius cakes ice creams pies smoothies salads soups much more Every recipe in this book is gluten free refined sugar free optimized to upgrade your biology **Macworld System 7.5 Bible** Lon Poole,1994 Bestselling author Lon Poole provides Mac users with all the hottest information on the new features in Apple s Macintosh system software This book covers the new system capabilities and explains the difference between versions of System 7 To get even more from System 7 the book suggests many new free and low cost utilities Includes tips and insights for increasing productivity **Moving to Mac OS X Painlessly** Gene Steinberg,2003-02-21 Mac users confront major technical challenges when upgrading to OS X this is the only book dedicated to helping them through the upgrade without a hassle Anticipates common and not so common problems giving readers the necessary information to avoid them Guides the reader step by step through preparing for the installation making sure the Mac peripherals and software are ready for the upgrade then covers the full installation process from the easy upgrade path to the so called clean installation Introduces the setup and configuration process and explains how Mac OS X differs from its predecessors Features extensive troubleshooting advice including how to handle problems that might occur even if all the proper setup procedures are followed *The Unofficial Guide to Windows XP* Michael S. Toot,Derek Torres,2006-01-31 The inside scoop for when you want more than the official line Microsoft Windows XP SP2 may be a robust and flexible operating system but to use it with confidence you ll need to know its quirks and shortcuts Find out what the manual doesn t always tell you in this insider s guide to using Windows XP in the real world What s the best way to handle security How do you set up a network From handling data to avoiding crashes first get the official way then the best way from two expert power users Unbiased coverage of how to get the most out of Windows XP Service Pack 2 including the new Windows Firewall and wireless UI Savvy real world advice from customizing your desktop and managing files to setting up a home network and maintaining security Time saving techniques and practical guidance on how to end run Windows quirks avoid pitfalls and increase your productivity Tips and

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