

SLEEP TINT

**The Ultimate Guide
to Better Sleep:
Hacks for Every
Lifestyle (Digital File)**

Sleep Hacks Guide

Raffaela Di Napoli



Sleep Hacks Guide:

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MINDSTORMS NXT Hackers guide explores this new generation of LEGO MINDSTORMS providing in a collection of projects how to expertise insider tips and over 500 illustrations to help you become an expert NXT hacker Back cover

The Sleep Hacker's Guide Joseph Fink,2022-12-25 Do you struggle to get a good night's sleep? If so, *The Sleep Hacker's Guide: Unlocking Better Sleep with Proven Strategies* is the book for you. This guide offers a comprehensive overview of the best techniques and strategies for improving sleep quality and duration. You'll learn the science behind why we sleep, the benefits of good sleep, and why it's so important for our physical and mental health. Plus, you'll gain access to tools and tips that you can use to hack your sleep and start enjoying a better night's rest. With this guide, you'll be able to identify the problem areas in your sleep patterns and develop a plan to address them. Take control of your sleep and unlock a healthier and more productive life with *The Sleep Hacker's Guide*.

Sleep Easy Bernice Tuffery,2021-02-15 Say goodbye to lousy sleep with this six-week step-by-step programme to help you kick insomnia to the curb forever. Bad sleep sucks. Sleep deficiency defies our biology and sabotages our days. Yet more than a third of us struggle to get to sleep or stay asleep at night. We can shake off the odd sleepless night, but when sleep difficulties persist, things start to unravel. Sleep debt takes its toll on our mood, energy, and productivity. It affects our behaviour around food and exercise, as well as eroding our immunity, even our mental and physical health. As our best efforts to help ourselves fail or perpetuate the problem, we can feel disillusioned, disempowered, and frustratingly stuck. You're not alone, and there is a way through. This six-week step-by-step guide will help you sleep easy. Bernice Tuffery, fed up after years of compromised sleep, made it her mission to learn how to sleep well again. She'd tried early nights, warm baths, a bit of yoga and meditation, but nothing worked. Even natural supplements over the counter, sleep aids, melatonin, and at times sleeping pills failed to deliver a sustainable solution. As a qualitative market researcher, she was determined to know how to sleep naturally again. She discovered a proven, natural, and very learnable way to improve chronic sleep difficulties: Cognitive Behavioural Therapy for insomnia (CBTi). CBTi is recognised internationally by sleep experts as the gold standard treatment for insomnia. But with a lack of awareness, a severe shortage of experts offering it, and virtually no public funding for treatment in New Zealand and Australia, it's hard and expensive to access. From her discussions with sleep professionals, extensive research, and her lived experience of restoring her own sleep, Bernice shares her knowledge with humour and heart. Confident that CBTi can be self-taught, she offers this practical and inspiring insider's guide to getting a good night's sleep.

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