

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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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 energised 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

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The "tricks of the Trade" Guide to Home Renovation Peter Jones,1981

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

Game Coding Complete Mike McShaffry,2003 Game Coding Complete takes programmers through the complete process of developing commercial quality games From page one McShaffry a leading programmer for Origin Systems shows developers how to create and code the very best interactive games

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

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