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. |
| \bigcirc | Sleeping masks are equal parts fashionable and functionable. |
| 12: | Try a white noise machine or sleep meditation to knock out in an instant. |
| ď | Turn the TV off. That next episode will be just as good in the morning. |
| 2 | 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 In The Us

Edward Jewitt Wheeler, Isaac Kaufman Funk, William Seaver Woods

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