

# Ultimate Sleep Hacks



Put your phone down 2 hrs before bed. You'll thank us tomorrow, we promise.

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Bust out the aromatherapy. And breathe in and out the zen vibes.

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Use a weighted blanket. It's like getting tucked in with a giant hug.

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Sleeping masks are equal parts fashionable and functional.

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Try a white noise machine or sleep meditation to knock out in an instant.

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Turn the TV off. That next episode will be just as good in the morning.

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Get in the nighttime flow with some restorative yoga.

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Save the intense workouts for earlier in the day. That adrenaline rush won't help you sleep.

# Sleep Hacks This Week

**Christian Drosten**



## **Sleep Hacks This Week:**

## Whispering the Secrets of Language: An Mental Quest through **Sleep Hacks This Week**

In a digitally-driven world where screens reign supreme and immediate conversation drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases often go unheard. However, set within the pages of **Sleep Hacks This Week** a interesting fictional value pulsing with fresh emotions, lies a fantastic quest waiting to be undertaken. Composed by a talented wordsmith, this wonderful opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very cloth of each and every word. Within the emotional depths of this moving review, we shall embark upon a genuine exploration of the book is core styles, dissect their fascinating writing design, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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