

# 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 functionable.

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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

**Rafael Pelayo**



## **Sleep Hacks This Week:**

Eventually, you will completely discover a new experience and skill by spending more cash. yet when? reach you receive that you require to get those all needs once having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to understand even more vis--vis the globe, experience, some places, subsequently history, amusement, and a lot more?

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