

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.

Sleep Hacks Nfl Schedule Top

Guillaume Favre

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Football Hackers Christoph Biermann, 2019-05-30 Well written and thoughtful Takes us on a tour of some of Europe's most innovative football thinkers Financial Times The future of football is now Football's data revolution has only just begun The arrival of advanced metrics and detailed analysis is already reshaping the modern game We can now fully assess player performance analyse the role of luck and measure what really leads to victory There is no turning back Now the race is on between football's wealthiest clubs and a group of outsiders nerds and rule breakers who are turning the game on its head with their staggering innovations Winning is no longer just about what happens out on the pitch it's now a battle taking place in boardrooms and on screens across international borders with the world's brightest minds driving for an edge over their fiercest rivals Christoph Biermann has moved in the midst of these disruptive upheavals talking to scientists coaches managers scouts and psychologists in the world's major clubs traveling across Europe and the US and revealing the hidden and often jaw dropping truths behind the beautiful game A book full of exciting ideas and inside views on modern football The most exciting book in an exciting time for football Thomas Hitzlsperger

How to Exercise When You're Expecting Lindsay Brin, 2011-03-29 A simple easy to follow guide for staying fit while pregnant and shedding the post baby pounds after Being a mom is the toughest job in the world It's difficult to take time for yourself Now in How to Exercise When You're Expecting even the busiest moms can learn how to stay strong and fit during their pregnancy and lose the post baby weight after Lindsay Brin a women's fitness expert and creator of 1 bestselling Moms Into Fitness DVD series shares insider tips to Understanding and tackling food cravings Exercises that are safe to perform during different stages of pregnancy Preparing for labor through relaxation and yoga techniques How your body and metabolism changes after childbirth Keeping fitness and nutrition a priority when time is scarce Battle tested through Lindsay's own pregnancies How to Exercise When You're Expecting offers a before during and after guide that will get moms back in pre baby shape or better No Limits Mukesh Bansal, 2022-07-18 Tech entrepreneur Mukesh Bansal has been a lifelong student of human performance optimisation He has studied the science behind it and worked closely with high performers across business sports and entertainment to understand what it takes to transcend apparent limitations and achieve true potential Through his entrepreneurial experience and studying the field of health and fitness Bansal came to understand the enormous power of plasticity the ability of the human brain to rewire itself at will as we develop new skills He also realised that high performers across domains rely on common tools that were embraced by ancient wisdom and are validated by modern science Knowing that high performance is not a matter of genetics or luck is highly empowering No Limits distils Bansal's findings on talent deliberate practice mindset habit willpower and learning It is a guide to maximising one's potential with well defined strategies So no matter what you do you can be a superior version of yourself performing at increasingly better levels constantly reaching higher

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