

6 Hidden Truths You Didn't Know About Sleep:

1. Your brain cleans itself during deep sleep, flushing out toxins like a self-refreshing system.
2. Sleeping in a cold room (around 18°C) boosts the quality of your REM sleep and memory consolidation.
3. Chronic sleep deprivation can shrink your hippocampus - the brain's memory powerhouse.
4. Dreaming about stress can help your brain rehearse emotional challenges for real-life scenarios.
5. Your body's repair hormones peak between 10 PM and 2 AM; missing this window slows recovery.
6. The blue light from screens doesn't just disrupt sleep - it alters brain chemistry, making focus harder the next day.

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Sleep Hacks Keith Barry,2024-09-19 Harness the power of your mind for better sleep Renowned brain hacker Keith Barry has spent his career mastering the science of hypnosis and sleep aiding countless individuals in overcoming damaging sleep patterns while establishing new beneficial habits Now he wants to help you In this transformative programme Keith unveils his unique approach integrating hypnosis neuroscience and brain hacking techniques to assist anyone who is struggling to attain deep revitalising sleep With this truly life changing book you will not only understand the mechanics of your sleep patterns but will also possess the tools to rewire your brain for a restful and rejuvenating night s sleep

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