

5 Simple Tips To Sleep Better



Breathe deeply.
Inhale for 3-5 seconds,
hold, exhale for
3-5 seconds.



Sleep on your right
side to open up
the heart.



Go to sleep no later
than 10:30pm to
keep your natural
circadian rhythm.



Slow your pulse.
You can improve this
by eating healthy
potassium-rich foods.



Use Dr. Berg's Neck
and Back Massager
to relieve certain
acupressure points
in your neck and
adrenals and
pull out stress.



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Dream Hackers: The Underground World of Lucid Sleep Experiments Mark E. Jemy, 2025-10-18 Dream Hackers is an investigative journey into the digital underground of lucid dreaming exploring a subculture that uses technology and various techniques to consciously control their sleep states. The book delves into the science of the sleeping mind the tools and gadgets used in these secret labs and the psychological risks involved such as The Dream State Sickness. The author chronicles the quest to build a Dream Net for a shared consciousness while also examining the potential corporate hijack of this last private frontier. It's a story about a tribe of restless minds pushing the boundaries of human experience. **Burnt**

Around the Edges Arjuna George, 2022-10-12 This easy to read book highlights decades of real life experiences as a firefighter and a Fire Chief in BC Canada. The first hand accounts outlined in the book highlight how occupational and life stress can dramatically affect our wellbeing. It draws readers through a journey and many lessons from Arjuna's battle with unease and occupational Burnout. This honest, vulnerable and authentic narrative reassures readers that we can master and harness stress in our lives. The title of this book, Burnt Around the Edges, comes from the experience Arjuna felt back in the summer of 2020. He found himself at a tipping point of total occupational Burnout. Even though he felt burnt around the edges, he knew he had a massive purpose driven fire burning deep within him. This fire sparked a life changing transformation in his life and career with a far better understanding of how our bodies react and work under stress. In Arjuna's first book, you will learn Arjuna's story from his childhood to the present day. Strategies and tactics Arjuna used to master stress and recovery from Occupational Burnout. Tips on how to become more mentally strong and resilient in a stressful world. The importance of investing in your health and wellbeing to become your most authentic self. The book is Arjuna's ignition source to a new career path led by a strong and clear purpose in life. Arjuna wants to share his knowledge and support others to master stress and become more resilient humans. Arjuna's encore career as a certified coach will enable his skills and experience to support first responders and leaders worldwide. **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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