

# 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 Top Promo

**Marcel A. Müller**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

**Sleep Hacks Top Promo:**

## **Sleep Hacks Top Promo** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Sleep Hacks Top Promo**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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