

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 This Month

Francisco Zamora



Sleep Hacks This Month:

Sleep Hacked Claire Donnelly, 2025-07-15 You're doing everything right but you still wake up tired. It's time to hack your sleep. *Sleep Hacked* is not another generic book telling you to avoid screens or drink chamomile tea. Instead, Dr. Alex Thorne, a leading voice in biohacking and human optimization, delivers a precision-based blueprint for transforming your rest into your ultimate performance enhancer. Through a science-backed, personalized protocol, you'll uncover how to fine-tune your sleep environment, leverage your chronotype, hack your hormones, balance blood sugar, and eliminate sleep disruptors once and for all. This comprehensive, cutting-edge guide teaches you to decode your unique sleep architecture and identify key disruptors. Implement the blue light blockade and master light timing. Optimize your sleep sanctuary: temperature, air quality, sound, and more. Use food supplements and technology to align your biology. Quiet a racing mind with breathwork, mindfulness, and journaling. Build a custom sleep stack based on data, not guesswork. Whether you're a high-achieving professional athlete or health-conscious biohacker, *Sleep Hacked* will empower you to reclaim your nights and supercharge your days starting tonight.

Healthy Aging: Nutrition, Exercise, and Longevity Hacks Francisco Zamora, 2025-03-05 Redefine Aging. Reclaim Your Vitality. What if growing older didn't mean slowing down but lighting up? In *Healthy Aging: Nutrition, Exercise, and Longevity Hacks*, discover the science-backed secrets to turn back the clock and live your boldest, most vibrant years starting now. This isn't about chasing youth or dodging the inevitable. It's about thriving, chasing grandkids, exploring new horizons, and savoring every laugh without the drag of fatigue or frailty. From the kitchens of centenarians to cutting-edge labs, this guide delivers mouthwatering meals that fuel your cells and fight inflammation. Simple moves to keep you strong, agile, and fall-proof. Game-changing hacks: think fasting, saunas, and supplements to supercharge your healthspan. Soul-deep strategies to sharpen your mind, soothe stress, and weave a life rich with purpose and connection. With a 90-day plan that's as practical as it is powerful, you'll ditch the myths. It's all genetics or decline's inevitable, and take charge of 80% of how you age. Whether you're 50 or 85, it's never too late to rewrite your story. Your best years aren't behind you; they're yours to claim. Grab this book and step into a future where age is just a number and vitality is your legacy. *The Hahnemannian Monthly*

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