

# 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 functional.



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*, 1875    House documents, 1880    The Illustrated Science Monthly, 1884    **Annual Reports. Report of the Postmaster-General. Miscellaneous Reports** United States. Post Office Dept, 1879    *Health [a Monthly Devoted to the Cause and Cure of Disease]*, 1899    Annual Report of the Postmaster General United States. Post Office Department, 1879

Monthly Homoeopathic Review, 1888    *The Hahnemannian Monthly*, 1910    House Documents, Otherwise Publ. as Executive Documents United States. Congress. House, 1880    **Century Illustrated Monthly Magazine** ... , 1882    **The Century Illustrated Monthly Magazine** Josiah Gilbert Holland, Richard Watson Gilder, 1894    Journal of the American Medical Association American Medical Association, 1896 Includes proceedings of the Association, papers read at the annual sessions and list of current medical literature    Overland Monthly, 1899    Scribner's Monthly, an Illustrated Magazine

for the People ,1882    *The Overland Monthly* ,1899    *American Monthly Review of Reviews* ,1897    **American**  
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### **Sleep Hacks This Month Introduction**

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