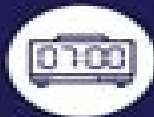




# SLEEP HACKS FOR BETTER HEALTH



## **ROUTINE**

Choose a regular time of the day/night when you go to bed and wake up each day.



## **KEEP YOUR ROOM COOL**

Colder rooms help you fall asleep faster and maintain a deeper sleep.



## **KEEP YOUR ROOM DARK**

Sleeping in a dark room reduces the stimulation of light telling your body to be active.



## **REDUCE SCREEN TIME**

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.



## **EXERCISE**

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



## **CAFFEINE INTAKE**

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.

# Sleep Hacks Viral Challenge Update

**Roman Wölfel**



## Sleep Hacks Viral Challenge Update:

*Understanding Your Health* Wayne A. Payne, Dale B. Hahn, Ellen Mauer, 2005      **Index Medicus** ,2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings      **Cumulated Index Medicus** ,1999      **Children's Britannica Yearbook 1996** Jennifer (Editor) COX,1996      Threat of Infection Jörg Hacker,2005 The proceedings give insights into the host pathogen interaction the evolution of pathogens as well as the action of virulence factors and toxins On the molecular level mechanisms of genome flexibility of various pathogens and the RNA interference strategies will be presented Aspects concerning the pathogen reservoir the transmission of infectious agents and novel detection methods will be discussed as well as preventive and therapeutic approaches Moreover the proceedings also cover the political and social aspects of infectious diseases from the past to the future      *Books in Print Supplement* ,2002      **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed,2004      TV Guide ,2006      *Books Out-of-print* ,1986      Cumulative Index to Nursing Literature Cinahl Information Systems Staff,1999      PC Magazine ,1986      **Accompaniment to Ollendorff's German Grammar** ,      Curriculum Review ,1977      Good Housekeeping ,2007      **Abridged Index Medicus** ,1985      **7-Day Sleep Challenge: Sleep Better In 7 Days** Challenge Self,2019-02-11 Take Your 7 Day Sleep Challenge Sleep Better In 7 Days Why are you reading this Because You want to fall asleep faster and stay asleep every night You want to cure insomnia that is disrupting your sleep cycle You want to stop feeling tired all the time from sleep deprivation You want to not use sleep medications but opt for natural methods You want to improve your focus and productivity throughout the day The average adults need around 7 9 hours of sleep each night according to the National Sleep Foundation Sadly many get far less than that bare minimum and it s affecting their lives negatively and decreasing their ability to function properly The truth is roughly 70 million people in the United States alone are already suffering from some kinds of sleep disorders and that number is only going to rise to a staggering 100 million by the middle of the 21st century What are the causes of all these sleep problems There are many factors involved Typically they can stem from an increasingly unhealthy and unbalanced modern lifestyle related to demanding overwork bad habits neglected responsibilities excessive distractions etc all competing for our attention and time Some are even innate especially for those who have been experiencing chronic sleeping issues their entire lives Regardless what matters is what you can do about it In the conventional sense there are medications to diagnose sleep disorders but it goes without saying there are potentials for side effects dependence harm and even death from accidental overdose That s why you should take a more holistic approach to restore the natural balance in your body and life by addressing the issue at the core rather than put a band aid over the symptom with some pills that carry unknown long term consequences There is an underlying source attributing to your sleep problems and that is exactly what the 7 Day Sleep Challenge will tackle head on in only a week You ll get practical applications and strategies that are both hands on and effective including Sleep aid hacks using scents sounds lighting air and temperature Custom detailed plan to follow to

ritualistically get ready for bed Behavior modifications for establishing new sleeping patterns All of these things and many more are simple to do and will dramatically improve the quality of your sleep So are you ready to accept your 7 Day Sleep Challenge Then waste no more previous time staying awake Time to relax and enjoy a rejuvenating sleep now and good night

**Sleep Hacker** Transcend Your Limits, 2022-02-21 Your sleep is broken The chances are you re NOT sleeping as well as you could In fact MOST of us just aren t sleeping as well as we could be and this is showing up in various forms People are feeling too tired to work depressed and weak throughout the day And this is usually one or two things that you re doing WRONG that are stopping your body entering the deep sleep stage it needs to restore and recover Over the last few years I ve collected several highly effective sleep hacks and tricks that you could use to sleep BETTER These things work and they work fast SLEEP BETTER We ve collected dozens of tips bits of information and methods or techniques for improving your sleep and going to sleep faster FEEL BETTER If you practice these techniques you ll fall asleep better and feel much better in the morning Lots of people complain of not getting enough sleep or not sleeping well enough so we ve collected the tips that can help you SLEEP FASTER Another common concern is people can t seem to fall asleep FAST enough so we ve collected some information on how to fall asleep faster and with less effort as well Overcome your bad sleep habits and finally feel good when you wake up in the morning We ve spent months collecting the best and most effective tips and tricks for sleeping better so you can enjoy your life more Scroll up or down and order your copy now and get started improving your sleep SLEEP IS IMPORTANT It s been shown that if you get better quality sleep everything else becomes easier You ll have more energy You won t need naps during the day You ll recover from exercise faster Your immune system will be boosted You ll be less likely to get or stay depressed You ll be more creative There are LITERALLY thousands of benefits of getting better sleep So I ve created the ultimate guide Sleep Hacker Sleep Hacker contains over 50 powerful sleep hacks that you can use to improve your sleep and feel better These things have been tried and tested by many people and work fast for almost everyone What you ll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don t get enough How your mattress position and settings really make a big difference to how well your body is able to sleep It s not what you expect How raising your bed a few inches at the headboard end can supercharge digestion and immune regeneration and impact your dreams How to wake up at ANY TIME every morning WITHOUT an alarm clock and WITHOUT feeling tired This is so useful and you ll be able to DECIDE how to live your mornings now How to reset your natural body clock in one simple process It s a challenge but it WORKS A natural and effective way to stop snoring so you can experience less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your sleep time This is another thing most people get wrong Finally the ACTUAL best sleep posture explained and why most people get this WRONG A strange type of soundwave audio that you can listen to that will practically sedate and soothe you

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