

# 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 Vs Promo

**Red and White Food Stores**



## Sleep Hacks Vs Promo:

**Melatonin in the Promotion of Health, Second Edition** Ronald Ross Watson, 2011-08-25 Melatonin is a powerful hormone and antioxidant with numerous effects on the metabolism and the health of humans Available as a dietary supplement in the United States since 1993 it is one of the most popular over the counter alternative remedies available Comprising contributions from researchers who have studied the role of melatonin in various disease and physiological states Melatonin in the Promotion of Health Second Edition provides a wide variety of expert reviews on the biology of melatonin relevant to health Beginning with a history of melatonin and its relation to circadian rhythms the book examines its use in a host of applications including Gut motility and gastrointestinal diseases Anesthesia and surgery Bone health Breast cancer Cardiovascular diseases Diabetes Age related macular degeneration and uveitis Melanoma solar skin damage and collagen synthesis The prevention of DNA damage Mental disorders sleep and issues related to jet lag and shift work The data gathered from a large number of carefully controlled animal and human studies have clearly implicated melatonin in the control mechanisms of a wide variety of physiological and psychological activities making it a potent candidate for therapeutic use in the treatment of a diverse range of diseases This volume demonstrates that continued studies of this molecule raise the exciting prospect of providing new avenues of treating numerous diseases more effectively and with less side effects than those found in conventional treatment modalities

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