



**Mark Hyman, M.D.** 

@drmarkhyman

This month, stop chasing hacks.  
Start building habits.

- 30g protein at breakfast
- 10-minute walk after dinner
- 1 home-cooked meal a day
- 8 hours of sleep
- 0 ultra-processed snacks

Healing isn't found in shortcuts.  
It's found in consistency.

# Sleep Hacks Protein Breakfast In The Us

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