

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.

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Karin Nielsen-Saines



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Hack Your Hormones Davinia Taylor, 2023-05-25 THE INSTANT NUMBER ONE SUNDAY TIMES BESTSELLER A wonderful book Dr Chris van Tulleken Sunday Times bestselling author of *Ultra Processed People* Sleep better thanks to cherries Fix your brain fog with good fats Improve your metabolism with brazil nuts When we talk about hormones we so often think of them as a women's issue But our hormones regulate everything from our sleep to the way we eat our stress response and our moods In *Hack Your Hormones* Davinia Taylor entrepreneur and biohacking pioneer breaks down how best to optimise all of our hormones Davinia gives symptom led advice backed up with the expertise of a doctor on how lifestyle hacks and supplements can balance our cortisol adrenaline dopamine and more even Vitamin D yep it's a hormone And the answers might be as close as your kitchen cupboards This groundbreaking new book is full of simple accessible hacks that will make you feel not just better but amazing Let's get our hormones into the optimum place they can be Because if I can feel better then anyone can This is proper real empowerment not tampon ad empowerment This is your body nobody can look after it like you can Davinia Non Fiction Paperback bestseller The Sunday Times nine consecutive weeks from 4th June 2023

Shocking Life Hacks Hannah Gray, AI, 2025-03-31 Shocking Life Hacks offers a collection of unconventional strategies designed to simplify and optimize daily life focusing on efficiency hacks problem solving shortcuts and resourcefulness techniques This self help reference presents surprising yet practical solutions grounded in logic moving beyond generic advice For instance you ll discover how understanding basic psychology can drastically improve time management The book introduces life hacking and its potential for personal improvement then explores each key area in dedicated sections with real world examples The book emphasizes the unexpected presenting strategies that may defy common sense but yield demonstrable results like leveraging readily available materials for creative solutions What sets this book apart is its compilation of unorthodox solutions to everyday problems It adopts a conversational tone empowering readers to experiment and discover what works best for them It progresses from introducing life hacking concepts to providing practical applications guiding readers to integrate hacks into daily routines and cultivate a mindset of continuous improvement

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Good Housekeeping Magazine ,2007 *Hideout* Louisa Luna,2022-03-16 Vega ignored his tone and continued I don t think you re angry because I haven t called you I think you re angry because I almost got you killed three times A powerful new thriller from Louisa Luna Alice Vega and Max Caplan uncover a network of American white supremacists in their search for a long lost counter culture hero In this riveting novel the fearless and resourceful private investigator Alice Vega is hired to track down Zeb Williams an athlete who went missing over thirty years ago after a famous loss Zeb s mysterious disappearance has earned him a cult following and still haunts the marriage of his ex girlfriend Estranged from her partner and ex cop Max Caplan Vega heads alone to a small town in the Pacific Northwest of the USA where Zeb was last seen and where an anxious community is threatened by a local hate group Liberty Pure As Vega infiltrates the group she uncovers disturbing secrets that put at risk her own father and Cap s daughter No one can cut to the truth like Alice Vega but this time is it too much for her to handle *Hideout* is pure adrenaline and Luna s most intimate thriller yet a classic cold case wrapped in a confrontation with a terrifyingly real network of white supremacists and homegrown terrorists For readers of Dennis Lehane Candice Fox and Kate Atkinson s Jackson Brodie series Louisa Luna s Alice Vega novels are unputdownable full of sly humour complex characters and masterful storytelling Louisa Luna is the author of *Two Girls Down* and *The Janes* both featuring Vega and Cap as well as *Brave New Girl* and *Crooked* She was born and raised in San Francisco and lives in Brooklyn New York with her husband and daughter Opening this book is like arming a bomb the suspense is relentless and the payoff is spectacular Lead character Alice Vega is sensational I want to see lots more of her Lee Child on *Two Girls Down*

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