

Ultimate Sleep Hacks



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Use a weighted blanket. It's like getting tucked in with a giant hug.



Sleeping masks are equal parts fashionable and functional.



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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 How To Install

Richard Bailey



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