

**S L E E P T I N T**

**The Ultimate Guide  
to Better Sleep:  
Hacks for Every  
Lifestyle (Digital File)**



# Sleep Hacks Guide

**Frederick Thomas Roberts**



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**The Shell Hacker's Guide to X and Motif** Alan Southerton, 1994-01-26  
Written by a well-known UNIXWorld editor, this practical hands-on guide shows UNIX users how to customize the X Window System environment at the window manager level. It includes utilities for modifying menus, colors, and fonts, mouse behavior, customized windows, and keyboards, and more.

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More powerful and intuitive than ever, LEGO MINDSTORMS NXT is a new robotics toolset that enables you to build and program all kinds of projects. The LEGO MINDSTORMS NXT Hackers guide explores this new generation of LEGO MINDSTORMS, providing in a collection of projects how-to expertise, insider tips, and over 500 illustrations to help you become an expert NXT hacker.

**Meta-Meditation for Mental Health** Steve Haberman, 2026-04-07  
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