



Top 15 Sleep Hacks to Improve Recovery

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Rachel Levin



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Anxiety as a Misinterpreted Safety Signal Alex D. Anderson, 2025-12-27 Anxiety as a Misinterpreted Safety Signal is a workbook that combines Polyvagal Theory and Cognitive Behavioral Therapy CBT to reframe anxiety Alex D Anderson argues that anxiety is not a sign of brokenness but a well protected state where the body's safety signals are misfiring The book explores the Invisible Scanner that constantly looks for threats the Ladder of Response fight flight freeze and the Storyteller in Your Head that spins catastrophic narratives It offers practical tools for finding Glimmers of safety building a Vagal Brake for resilience and overcoming the Myth of Independence to embrace co regulation **Look Big** Rachel Levin, 2018-04-10 A humorous and helpful illustrated field guide to avoiding interactions both dangerous and annoying with 50 wild animals including survival techniques wildlife etiquette and other essential advice As humans encroach on wild places encounters with animals from bears bison mountain lions and mice to turkeys ticks rats and raccoons have become increasingly commonplace But wait what are the rules for facing a moose up close Do you run from a coyote or stand your ground How deadly really are black widow spiders rattlesnakes and sharks Packed with expert tips fascinating animal facts and harrowing true tales Look Big is a must have survival guide for outdoor urban and suburban adventurers alike If you have ever feared the approach of a grizzly the spray of a skunk or an army of cockroaches in the kitchen this book is for you Top 10 Hacks for Good Sleep Kairos Somnik, 2023-03-31 Sleep is one of the most important activities of our body It is the time when our body regenerates and our brain processes and stores what we have experienced during the day A good night's sleep is therefore crucial for our health and well being However in a hectic world where we are constantly under pressure and faced with a plethora of distractions it is often difficult to get enough sleep and to sleep deeply This little book is designed to help you achieve better sleep We have compiled the top ten hacks that can help you fall asleep faster sleep deeper and wake up refreshed and ready for the day Each of these hacks has been proven and can help improve your sleep quality We will refrain from unhealthy methods such as sleeping pills or crude tips like drinking alcohol before going to bed No endless reading of countless pages In this book we will present these ten hacks briefly without rambling and explain why they work We will give you practical tips and techniques that you can easily integrate into your daily life Whether you have difficulty falling asleep wake up frequently at night or simply wake up tired and restless this book can help you optimize your sleep We hope that you will consider this book as a valuable resource that will help you get better sleep and feel better Let's now begin to discover the top ten hacks for better sleep

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