

# 10 SCIENCE-BACKED HACKS FOR BETTER SLEEP

**CREATE A CONSISTENT SLEEP SCHEDULE**



**OPTIMIZE YOUR SLEEP ENVIRONMENT**



**REDUCE BLUE LIGHT EXPOSURE**



**LIMIT CAFFEINE AND ALCOHOL**



**EXERCISE REGULARLY FOR BETTER SLEEP**



**BOOST YOUR MENTAL HEALTH WITH GENIUS WAVE**



**PRACTICE RELAXATION TECHNIQUES**



**BE MINDFUL OF YOUR DIET**



**MANAGE STRESS AND ANXIETY**



**OPTIMIZE NAPPING**



# Sleep Hacks Act Practice Compare

**JL Elias**



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**October 2021 David Gomadza/Tomorrow's World Order vs NHS and its doctors** David Gomadza,2021-10-16 When the  
system is so crooked and injustice runs rampant When fierce nationalism obstructs the course of justice But its only a matter  
of time before logic sets in Fighting secret evil systems still rooted in slavery and oppression Part II But just the beginning of  
Tomorrow s World Order *the encyclopedia britannica* ,1890 **Encyclopaedia Britannica** ,1891 The Encyclopaedia  
Britannica Thomas Spencer Baynes,1879 *The Encyclopædia Britannica* ,1893 **The Happy, Healthy Nonprofit** Beth  
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