

10 SCIENCE-BACKED HACKS FOR BETTER SLEEP

CREATE A CONSISTENT SLEEP SCHEDULE



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REDUCE BLUE LIGHT EXPOSURE



LIMIT CAFFEINE AND ALCOHOL



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BOOST YOUR MENTAL HEALTH WITH GENIUS WAVE



PRACTICE RELAXATION TECHNIQUES



BE MINDFUL OF YOUR DIET



MANAGE STRESS AND ANXIETY



OPTIMIZE NAPPING



Act Practice Sleep Hacks Today

Puja Mehta



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