

# 5 Simple Tips To Sleep Better



**Breathe deeply.**  
Inhale for 3-5 seconds,  
hold, exhale for  
3-5 seconds.



**Go to sleep no later  
than 10:30pm to  
keep your natural  
circadian rhythm.**



**Slow your pulse.**  
You can improve this  
by eating healthy  
potassium-rich foods.



**Sleep on your right  
side to open up  
the heart.**



**Use Dr. Berg's Neck  
and Back Massager  
to relieve certain  
acupressure points  
in your neck and  
adrenals and  
pull out stress.**



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# Sleep Hacks Near Me

**Simeon Ivanov**



## **Sleep Hacks Near Me:**

**Sleep Hacks** Keith Barry, 2024-09-19 Harness the power of your mind for better sleep Renowned brain hacker Keith Barry has spent his career mastering the science of hypnosis and sleep aiding countless individuals in overcoming damaging sleep patterns while establishing new beneficial habits Now he wants to help you In this transformative programme Keith unveils his unique approach integrating hypnosis neuroscience and brain hacking techniques to assist anyone who is struggling to attain deep revitalising sleep With this truly life changing book you will not only understand the mechanics of your sleep patterns but will also possess the tools to rewire your brain for a restful and rejuvenating night s sleep **Dream Hackers: The Underground World of Lucid Sleep Experiments** Mark E. Jemy, 2025-10-18 Dream Hackers is an investigative journey into the digital underground of lucid dreaming exploring a subculture that uses technology and various techniques to consciously control their sleep states The book delves into the science of the sleeping mind the tools and gadgets used in these secret labs and the psychological risks involved such as The Dream State Sickness The author chronicles the quest to build a Dream Net for a shared consciousness while also examining the potential corporate hijack of this last private frontier It s a story about a tribe of restless minds pushing the boundaries of human experience **Burnt Around the Edges** Arjuna George, 2022-10-12 This easy to read book highlights decades of real life experiences as a firefighter and a Fire Chief in BC Canada The first hand accounts outlined in the book highlight how occupational and life stress can dramatically affect our wellbeing It draws readers through a journey and many lessons from Arjuna s battle with unease and occupational Burnout This honest vulnerable and authentic narrative reassures readers that we can master and harness stress in our lives The title of this book Burnt Around the Edges comes from the experience Arjuna felt back in the summer of 2020 He found himself at a tipping point of total occupational Burnout Even though he felt burnt around the edges he knew he had a massive purpose driven fire burning deep within him This fire sparked a life changing transformation in his life and career with a far better understanding of how our bodies react and work under stress In Arjuna s first book you will learn Arjuna s story from his childhood to the present day Strategies and tactics Arjuna used to master stress and recovery from Occupational Burnout Tips on how to become more mentally strong and resilient in a stressful world The importance of investing in your health and wellbeing to become your most authentic self The book is Arjuna s ignition source to a new career path led by a strong and clear purpose in life Arjuna wants to share his knowledge and support others to master stress and become more resilient humans Arjuna s encore career as a certified coach will enable his skills and experience to support first responders and leaders worldwide **0.1%** Simeon Ivanov, 2018-09-08 WAKE UP You are trying too hard to become something you don t want Most books give you a ton of impractical information This book gives you a bulletproof system for Using the unfair advantage to get richer healthier happier at the same time Designing your purpose and setting yourself up for success Beating the pros at self discipline and habit development Achieving 3X greater results

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**Loose-Leaf Version of My Psychology** Andrew M. Pomerantz,2019-10-29 My Psychology is a fresh approach to introductory psychology that invites students to make a personal connection to the science of psychology Unlike other texts My Psychology uses a combination of a relatable writing style and digital technology to make the material real and immediate for readers Intro psych students live on their smartphones and computers and My Psychology meets them there with specially produced My Take videos Chapters Apps and Show Me More activities The examples in My Psychology also helps students to understand how core concepts are personally meaningful through thoughtful applications and fresh everyday examples As part of the book's emphasis on the APA guidelines for undergraduate courses coverage of culture and diversity is infused throughout the book and highlighted with Diversity Matters flags in every chapter In addition a full chapter on Diversity in Psychology explores key topics in depth In its Second Edition My Psychology is proven to invigorate the intro psych courses at colleges and universities across the country with its concise and engaging approach The contemporary examples and perspective connect with today's students and the smartphone ready features coupled with the powerful assessment tools in LaunchPad make for a powerful new teaching and learning experience The new edition features almost 1 400 new research citations and new My Take video footage **The Art of Health Hacking** TJ Anderson,2018-04-10 TJ shows us we don't lack the science information or technology to live healthy but the art to use these resources properly Read The Art of Health Hacking to learn how vulnerability self compassion and personal health empowerment can put you back in

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