Ultimate Sleep Hacks

Put your phone down 2 hrs before bed. You'll thank us tomorrow, we promise.

Bust out the aromatherapy. And breathe in and out the zen vibes.

Use a weighted blanket. It's like getting tucked in with a giant hug.

Sleeping masks are equal parts fashionable and functionable.

Try a white noise machine or sleep meditation to knock out in an instant.

Turn the TV off. That next episode will be just as good in the morning.

Get in the nighttime flow with some restorative yoga.

Save the intense workouts for earlier in the day. That adrenaline rush won't help you sleep.

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Roman Wölfel

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Stalin esque and the violence of terrorism has united the world 2036 is the time of a central one world government the One State Fundamentalist terrorists are the One State s only threat This group includes Bible believing Christians When peacekeepers make a home church bust in Ward Six of the Chicago Metroplex only Dave and Jen Williams evade capture The siblings turn to the Body of Christ Underground for help adopt street names Calamity Kid and e girl and slip between the cracks of the Chicago Metroplex Calamity Kid and e girl undergo technological re formation that provides them with skills knowledge and other abilities that allow them meet the gravest challenges facing fundamentalist christians and ultimately help them save their family friends and neighbours before they re brainwashed enslaved or worse by the One State Neros

PC World ,2009

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