

# Ultimate Sleep Hacks



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

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

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

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Sleeping masks are equal parts fashionable and functional.

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

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

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Get in the nighttime flow with some restorative yoga.

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

# Sleep Hacks 2025

**Gene Deszca, Cynthia Ingols, Evelina  
Atanassova, Tupper F. Cawsey**

## **Sleep Hacks 2025:**

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web in your salon there should be evacuation areas and procedures in place as well as emergency contacts on hand in your salon there should also be an area where a client can sit or lie down for recovery seizure situations it is wise to have a basic first aid kit on hand and invest in a basic first aid course

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web learners will recognise how to ensure all clients and visitors are safe at all times and assist them with the correct safety procedures learners will carry out a basic risk assessment identify what are a hazard and a risk and how to report and deal with any workplace accidents effectively

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web nov 24 2018 if you have employees you are legally required to talk to them about health and safety and how it relates to their work this ranges from hazards and risks to emergency procedures in the event of a fire for example give them the appropriate training to identify and minimise potential risks in the workplace to them and their clients

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