

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 Today Setup

Michael Hoelscher



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