

Just before you *sleep*...

Tip #1

Take a warm bath or shower.

Tip #2

Make your room comfortable and listen to calming music.

Tip #3

Put away your devices, and limit food and fluid intake an hour before bedtime.

Tip #4

Develop a sleep routine like brushing teeth, taking supplements & washing face

Sleep Hacks Update Returns

Patrick Naughton



Sleep Hacks Update Returns:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Sleep Hacks Update Returns** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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