

# 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**



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# Sleep Hacks Today Setup

**Arturo Cuomo**



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web the outsiders a novel written by s e hinton contains many dynamic characters however the main character ponyboy curtis endures the most change he witnesses many life changing events over the course of two weeks which heavily contributes to his transformation in the beginning ponyboy feels isolated and alienated from the world

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web updated on january 30 2020 most of the characters in the outsiders by s e hinton belong to two rival factions the greasers and the socs though the youngsters mostly adhere to their social groups and status casual encounters lead them to realize they are very similar in many ways ironically these encounters also lead to the violent

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