

# 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 How To Install

**Nicholas Petreley, Nick Petreley, Jono  
Bacon**

## **Sleep Hacks How To Install:**

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Sleep Hacks How To Install**

In a global inundated with displays and the cacophony of quick connection, the profound energy and mental resonance of verbal art usually fade into obscurity, eclipsed by the regular onslaught of noise and distractions. However, located within the lyrical pages of **Sleep Hacks How To Install**, a charming function of fictional brilliance that impulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Penned with a virtuoso wordsmith, this enchanting opus courses readers on a mental odyssey, lightly exposing the latent potential and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is main themes, dissect its fascinating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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