

# 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 Best

**Ying-Ying Zheng**



**Sleep Hacks Best:**

## Whispering the Techniques of Language: An Mental Quest through **Sleep Hacks Best**

In a digitally-driven world wherever monitors reign supreme and instant conversation drowns out the subtleties of language, the profound techniques and psychological nuances hidden within words often get unheard. However, nestled within the pages of **Sleep Hacks Best** a fascinating literary treasure blinking with natural feelings, lies an extraordinary journey waiting to be undertaken. Penned by a skilled wordsmith, that marvelous opus encourages readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very fabric of each and every word. Within the psychological depths with this emotional evaluation, we can embark upon a genuine exploration of the book is primary styles, dissect their charming writing design, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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